



BE EXCELLENT

TECHNICAL DATA SHEET

Vegan V-protein GoldNutrition®

Pea and rice Vegetable mix protein

PRODUCT PROPER TO:

- Complement the intake of protein in the diet;
- Combat the loss of muscle mass caused by age or sedentary lifestyle;
- Promote muscle regeneration after training;
- It has a satiating effect and helps control appetite;



Presentation: 250 g and 720 g bag

Reference: **Vanilla:** 240g GF0013, 720g GN61482; **Chocolate:** 240g GF0012, 720g GN61481; **Strawberry:** GF0011; **Banana:** GF0014; **Hazelnut:** GF0016

Vegan V-Protein GoldNutrition® is a product rich in vegetable proteins (72-78%), which contains all the essential amino acids for the body, with no added sugars, contains less than 1 g sugar per shake. This new formula has been enriched with bromelain, a natural enzyme extracted from pineapple, which allows the optimization of protein digestion.

The Vegan V-Protein GoldNutrition® protein blend uses an isolated pea protein, which reduces the pea aftertaste in the product and significantly improves the texture and flavor. With a naturally delicious taste, **Vegan V-Protein GoldNutrition®** can be used as a complement or replacement for protein consumption in diets with greater protein needs and vegetarian and vegan diets, with the protein helping maintain the muscle mass and bone mass. It can also be consumed to balance the body's pH, owing to its alkaline potential. Vegetable protein is a more bio-sustainable option because the production of plant-origin foodstuffs has less impact on the environment and a lower cost.

**BE EXCELLENT****TECHNICAL DATA SHEET****COMPOSITION PER FLAVOUR:****Vanilla flavour**

Nutrition Declaration	Per 100 g	Per serving **
Energy	1703 kJ / 406 kcal (20%*)	409 kJ / 98 kcal (5%*)
Fat	8,5 g (12%*)	2,0 g (3%*)
of which: saturates	2 g (10%*)	0,5 g (3%*)
Carbohydrates	3 g (1%*)	0,7 g (<1%*)
of which: sugars	0,2 g (<1%*)	<0,1 g (<1%*)
Fibre	1,4 g	0,3 g
Proteins	78 g (156%*)	19 g (38%*)
Salt	5,17 g (86%*)	1,24 g (21%*)
Bromelain	300 mg	72 mg

* **RI:** Reference intake of an average adult (8400 kJ/2000 kcal). ** **1 serving** = 1 shake (24 g of powder + 200 ml of water)

Ingredients: pea protein isolate [94%], rice protein concentrate [3%], flavourings, Himalaya salt, bromelain (*Ananas comosus*, stem) [0,3%], sweetener (sucralose). **Can contain traces of gluten, milk, nuts, sesame and sulphites.**

Strawberry flavour

Nutrition Declaration	Per 100 g	Per serving **
Energy	1673 kJ / 399 kcal (20%*)	402 kJ / 96 kcal (5%*)
Fat	8,3 g (12%*)	2 g (3%*)
of which: saturates	1,9 g (10%*)	0,5 g (2%*)
Carbohydrates	2,4 g (<1%*)	0,6 g (<1%*)
of which: sugars	0,7 g (1%*)	0,2 g (<1%*)
Fibre	1,6 g	0,4g
Proteins	77 g (154%*)	19 g (37%*)
Salt	4,61 g (77%*)	1,11 g (19%*)
Bromelain	300 mg	72 mg

* **RI:** Reference intake of an average adult (8400 kJ/2000 kcal). ** **1 serving** = 1 shake (24 g of powder + 200 ml of water)

Ingredients: pea protein isolate [92%], rice protein concentrate [3%], flavourngs, beetroot powder (*Beta vulgaris*, root), bromelain (*Ananas comosus*, stem) [0,3%], sweetener (sucralose). **Can contain traces of gluten, milk, nuts, sesame and sulphites.**

Chocolate flavour:

Nutrition Declaration	Per 100 g	Per serving **
Energy	1668 kJ / 398 kcal (20%*)	400 kJ / 96 kcal (5%*)
Fat	8,9 g (13%*)	2,1 g (3%*)
of which: saturates	2,6 g (13%*)	0,6 g (3%*)
Carbohydrates	4,8 g (2%*)	1,1 g (<1%*)
of which: sugars	0,2 g (<1%*)	0,1 g (<1%*)
Fibre	5,2 g	1,3g

**BE EXCELLENT****TECHNICAL DATA SHEET**

Proteins	72 g (144%*)	17 g (34%*)
Salt	4,08 g (68%*)	0,98 g (16%*)
Bromelain	300 mg	72 mg

* **RI:** Reference intake of an average adult (8400 kJ/2000 kcal). ** **1 serving** = 1 shake (24 g of powder + 200 ml of water)

Ingredients: pea protein isolate [81%], cocoa powder, rice protein concentrate [3%], flavourings, thickener (xanthan gum), bromelain (*Ananas comosus*, stem) [0,3%], sweetener (sucralose). **Can contain traces of gluten, milk, nuts, sesame and sulphites.**

Hazelnut flavour:

Nutrition Declaration	Per 100 g	Per serving **
Energy	1701 kJ / 406 kcal (20%*)	408 kJ / 97 kcal (5%*)
Fat	8,4 g (12%*)	2,0 g (3%*)
of which: saturates	2,0 g (10%*)	0,5 g (2%*)
Carbohydrates	3,9 g (1%*)	0,9 g (<1%*)
of which: sugars	0,9 g (1%*)	0,2 g (<1%*)
Fibre	1,5 g	0,4 g
Proteins	78 g (156%*)	19 g (38%*)
Salt	5,12 g (85%*)	1,23 g (20%*)
Bromelain	300 mg	72 mg

* **RI:** Reference intake of an average adult (8400 kJ/2000 kcal). ** **1 serving** = 1 shake (24 g of powder + 200 ml of water)

Ingredients: pea protein isolate [93%], rice protein concentrate [3%], flavourings, Himalayan salt, bromelain (*Ananas comosus*, stem) [0,3%], sweetener (sucralose). **Can contain traces of gluten, milk, nuts, sesame and sulphites.**

Banana flavour:

Nutrition Declaration	Per 100 g	Per serving **
Energy	1700 kJ / 405 kcal (20%*)	408 kJ / 97 kcal (5%*)
Fat	8,0 g (11%*)	1,9 g (3%*)
of which: saturates	1,9 g (9%*)	0,4 g (2%*)
Carbohydrates	8,0 g (3%*)	1,9 g (1%*)
of which: sugars	3,1 g (3%*)	0,8 g (<1%*)
Fibre	2,0 g	0,5 g
Proteins	74 g (148%*)	18 g (36%*)
Salt	4,42 g (74%*)	1,06 g (18%*)
Bromelain	300 mg	72 mg

* **RI:** Reference intake of an average adult (8400 kJ/2000 kcal). ** **1 serving** = 1 shake (24 g of powder + 200 ml of water)

Ingredients: pea protein isolate [88%], banana powder (*Musa paradisiaca*, fruit) [5%], rice protein concentrate [3%], flavourings, thickener (xanthan gum), bromelain (*Ananas comosus*, stem) [0,3%], sweetener (sucralose). **Can contain traces of gluten, milk, nuts, sesame and sulphites.**



BE EXCELLENT

TECHNICAL DATA SHEET

HOW TO TAKE:

As part of a varied and balanced diet and a healthy lifestyle, eat a portion at lunch, as a complement to your protein intake. To prepare a portion add 4 tablespoons (24g) to 200ml of water, shake well and serve.

You can take 1 or 2 shakes a day, without a specific intake period. It is indicated to take before or after training or simply as a snack. It can be taken from the age of 16 with adjustment of the daily dose.

WHY TO TAKE:

O **Vegan V-Protein GoldNutrition®** can be used as a complement or replacement for protein consumption in diets with greater protein needs and vegetarian and vegan diets, with the protein helping maintain the muscle mass and bone mass. The demand for plant-derived protein supplements is explained mainly by one (or more) of the following factors (nutritional, ethical and ecological):

- Intolerance to lactose or other animal protein ingredients (nutritional);
- Ethical objection to the consumption of animal-derived products (ethics);
- Preference for more sustainable protein sources (ecological).

WARNINGS:

- During pregnancy it should be recommended by a health technician.
- Special attention in case of renal insufficiency.

CAN COMBINE WITH:

- Creatine and strength training to increase muscle mass.
- Mega CLA and weight reduction exercise.

INGREDIENTS DESCRIPTION:

The demand for plant-derived protein supplements is explained mainly by one (or more) of the following factors (nutritional, ethical and ecological):

- Intolerance to lactose or other animal protein ingredients (nutritional);
- Ethical objection to the consumption of animal-derived products (ethics);
- Preference for more sustainable protein sources (ecological).

The high prevalence of intolerance to lactose and the seriousness of the symptoms in many cases have resulted in a sizeable (and growing) proportion of the population rejecting any lactic foodstuff¹. Given that lactose is a sugar that is exclusively produced in the mammary gland of mammals, any plant-derived food is free from this disaccharide.

Sustainability is another important factor behind the choice of this plant protein, as these foodstuffs require fewer resources to be produced². This is a big advantage in ecological terms, as livestock breeding is one of the industries that most contributes to the greenhouse effect (carbon dioxide, methane and nitrous oxide) and which therefore has a greater environmental impact.

This has all combined to cause high demand for vegetable-origin protein isolates. However, the flavour of these products leaves much to be desired, giving rise to the innovative **Vegan V-**



BE EXCELLENT

TECHNICAL DATA SHEET

Protein GoldNutrition® with a delightful taste and texture compared to other vegetable proteins, even without using any kind of sweetener.

The main protein source of **Vegan V-Protein GoldNutrition®** is the pea. This vegetable is very rich in essential amino acids, especially BCAA (branched-chain amino acids) and glutamine. Amino acids are important both for doing sport, when rapid recovery is wanted and in order to boost training capacity, and in terms of health, given that they preserve the muscle mass which is gradually lost with age (sarcopenia)³ as well as boosting the immune system⁴.

The complement of the whole-grain rice protein gives rise to a more complete amino acid profile, given that pea protein has methionine as a limiting amino acid and rice is a good source of this amino acid. It is also a good choice for people seeking a more alkaline diet, as vegetable-based supplements have proven to have this effect⁵.

The incorporation of the bromelain enzyme in this mixture presents benefits due to its proteolytic properties. Bromelain, a proteolytic enzyme extracted from pineapple (*Ananas comosus*), which favors an increase in the digestibility and absorption of proteins, thus facilitating the entire digestive process of this product, allowing greater availability of amino acids and peptides quickly and effectively.

REFERENCIAS:

1. Aliment Pharmacol Ther. 2008 Jan 15;27(2):93-103. Epub 2007 Oct 23.
2. Am J Clin Nutr 2003;78(suppl):664S-8S.
3. J Nutr. 2006 Jan;136(1 Suppl):277S-80S.
4. J Surg Res. 2010 Jun 15; 161(2): 288-294.
5. J Int Soc Sports Nutr. 2008 Nov 6;5:20.