

Get Lean Vegan Protein™



Health for Your Whole Life™

Clinical Applications

- Supports Healthy Body Composition*
- Supports Immune Health*
- Supports Post-Exercise Recovery*
- Supports Healthy Glucose Metabolism*
- Supports Gastrointestinal Health*
- Contributes to Macro-Nutrition*

*Get Lean Vegan Protein™ is an easy-to-mix functional food for vegans, individuals sensitive or allergic to soy and/or dairy, or anyone seeking an alternative source of quality protein. Get Lean Vegan Protein™ features Vegan Protein Blend, an all-natural rice and pea protein blend.**

All Dr. Christina M. Tondora Formulas Meet or Exceed cGMP Quality Standards

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Get Lean Vegan Protein™

Discussion

Vegan Protein Blend is Get Lean Vegan Protein™'s proprietary blend of pea protein isolate and rice protein concentrate, L-glutamine, glycine, and taurine. Also added is Aminogen™—a patented, natural, plant-derived enzyme system clinically proven to increase protein digestibility and amino acid absorption.^[1] Its action boosts nitrogen retention, aids in the synthesis of muscle mass and strength, and promotes deep muscle recovery.*

The non-genetically modified (non-GMO), highly digestible pea protein isolate in Vegan Protein Blend is naturally obtained by simple water extraction, keeping all the nutritional qualities intact. Its 90% protein content features a well-balanced amino acid profile, including a high content of lysine, arginine, and branched-chain amino acids to help maintain lean body mass and reduce body fat.^[2] Pea protein has the highest lysine concentration (7.2%) of all vegetable-based proteins and the highest arginine concentration (8.7%) among all commercially available proteins. The combination of pea protein and rice protein achieves an amino acid score of 100%.*

Fructose Free Get Lean Vegan Protein™ contains evaporated cane juice and stevia in place of fructose. Animal and human research suggests that consuming fructose-containing beverages increases visceral adiposity.*^[3,4]

Glutamine, crucial in nitrogen metabolism, is important for replenishing amino acid stores, especially after exercise or stress.^[5] This amino acid aids in intestinal cell proliferation, thereby preserving gut barrier function and intestinal health.*

Glycine, an inhibitory (calming) neurotransmitter, is vital as a constituent of collagen and a building block for other substances, such as coenzyme-A, nucleic acids, creatine phosphate, purines, bile, and other amino acids.*

Taurine, a derivative of sulfur-containing cysteine, has many healthful clinical applications, including the support of stable cell membranes, cardiovascular health, glucose tolerance, detoxification, and bile salt synthesis.*^[6]

Fiber Blend (inulin from non-GMO chicory, beta glucans, oat fiber, and corn bran) in Get Lean Vegan Protein™ provides 6 g of fiber per serving. These fibers favorably affect serum lipids, healthy intestinal flora, the formation of short-chain fatty acids, and glucose tolerance.^[7] Beta glucans and lignins impact the binding of bile acids and support the maintenance of healthy cholesterol levels already within the normal range.^[8] Beta glucans may also offset stress to the immune system caused by intense exercise.*^[9]

Satisfaction: An Added Benefit of Increasing Protein Intake Signals that originate from the gut—in response to mechanical (gastric distention) and chemical changes that occur after the ingestion of food—let us know when we've had enough to eat. Among the macronutrients in food, proteins have been identified as having the greatest impact in this regard. Thus, the effect of consuming high-protein foods has been observed not only to yield a strong feeling of satisfaction immediately after intake but also to support a lower food intake during a

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



CHOCOLATE

Nutrition Facts

Serving Size 2 Scoops (45g)
Servings Per Container 14

Amount Per Serving

Calories 150 Calories From Fat 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 1g **5%**

Sodium 340mg **14%**

Potassium 400mg **11%**

Total Carbohydrate 17g **6%**

Dietary Fiber 7g **28%**

Sugars 5g

Protein 17g **34%**

Calcium 4% ● Iron 25%

Not a significant source of *trans* fat, cholesterol, vitamin A, or vitamin C.

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

INGREDIENTS: Vegan Protein Blend (Dr. Christina M. Tondora proprietary blend of pea protein isolate, glycine, taurine, rice protein concentrate, and L-glutamine), cocoa powder, organic dried cane syrup, fiber complex (inulin (from chicory) and oat fiber), sunflower oil, natural flavors (no MSG), medium-chain triglycerides, tripotassium citrate, Aminogen®, cellulose gum, xanthan gum, and stevia leaf extract.



Aminogen® is a registered trademark of Triarco Industries. Aminogen® is protected under U.S. patent 5,387,422.

Directions

Mix two scoops (45 g) in 8-12 oz cold water and consume. Adjust amount of water according to thickness desired. May be used as a snack, a “rescue” food, an occasional meal replacement, or as directed by your healthcare practitioner.*

Typical Amino Acid Profile Per Serving:

Glycine	2,770 mg
Alanine	809 mg
Valine	941 mg
Leucine	1,577 mg
Isoleucine	844 mg
Serine	994 mg
Threonine	732 mg
Tyrosine	717 mg
Aspartic Acid	2,154 mg
Phenylalanine	1,033 mg
Tryptophan	187 mg
Proline	845 mg
Methionine	212 mg
Cysteine	189 mg
Lysine	1,344 mg
Histidine	469 mg
Arginine	1,633 mg
Glutamine	3,225 mg
Taurine	500 mg

References

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6. Yatabe Y, Miyakawa S, Ohmori H, et al. Effects of taurine administration on exercise. *Adv Exp Med Biol.* 2009;643:245-52. [PMID: 19239155]
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Does Not Contain

Wheat, gluten, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or artificial preservatives.

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