

# Pea Protein

Easy to digest, easy to absorb

## Presentation A cream powder.

### Pea Protein isolate:

	Per 100g	Per 20g serving
Energy	1579kJ/378kcal	315.8kJ/75.6kcal
Protein	80.0g	16g
Carbohydrates	2g	0.4g
of which Sugars	0g	0g
Fat	5.5g	1.1g
of which Saturates	1.2g	0.24g
Salt	2.20g	0.44g
Phosphorous	1,127mg (161%NRV*)	225.4mg (32.2% NRV*)
Iron	29mg (207% NRV*)	5.8mg (41.4% NRV*)

\*NRV = Nutrient Reference Value

On average a 20g serving provides the following amino acids:

Alanine	0.66g	Histidine	0.3g	Proline	0.54g
Arginine	1.24g	Isoleucine	0.76g	Serine	1.3g
Aspartic Acid	1.72g	Leucine	1.32g	Threonine	0.54g
Cysteine	0.2g	Lysine	1.26g	Tryptophan	0.12g
Glutamic Acid	2.4g	Methionine	0.12g	Tyrosine	0.64g
Glycine	0.56g	Phenylalanine	0.8g	Valine	1.02g

Suitable for vegetarians (V) and vegans (V)

## Uses

Lamberts® Pea Protein, as the name suggests, is a protein product sourced from peas. The extraction and purification processes raise the protein content from the normal level of 6% in fresh peas to 80% in this product. This unique process produces protein that is highly soluble and therefore easy to digest and absorb. We specifically chose peas as the source of protein because the amino acid profile is excellent - it is rich in 'branched-chain amino acids' (leucine, isoleucine and valine) and is richer in arginine than any other commercially available protein. Arginine is involved in the immune system response to challenges and also plays a part in weight control.

- Can be used for those clients who are recovering from illness and/or have low appetites
- Popular with sport people looking for a protein for muscle development and endurance but want to avoid dairy or soya based products
- Useful for slimmers and people with food cravings as provides slow release energy.

### Usage and administration

2 heaped dessertspoons = 20g. A 20g portion of this product is generally recommended.

Up to two 20g portions can be taken per day.

The powder has a mild, pleasant, slightly savoury taste so it is perfect for adding to soup or sprinkled on cereal. It can also be blended with fruit such as a banana to make a fruit smoothie. Please see the product label for further serving suggestions.

### Allergen advice

None (see page 194).

### Cautions

None known at the recommended usage.

### Storage instructions

To be stored in a cool, dry place and protected from light.

### Legal category

Food supplement.

quantity  
750g

type  
powder

code  
8333

