PLANT PROTEIN AND SUPERFOODS

Pro-Boost organic superfood powder provides a conservative amount of plant protein plus super foods for those who require extra protein. This powder supplement adds a pleasant vanilla flavor to smoothies, and can also be added to food.

In addition to 10 grams of plant protein (a blend of pea, hemp, and pumpkin protein), Pro-Boost provides the omega-3 fatty acid ALA from flax and chia seeds and a blend of vegetables and fruits including organic apple, organic cruciferous greens, organic tomato, and organic berries.

WHO MIGHT REQUIRE EXTRA PROTEIN?

For most people, getting adequate protein from whole plant foods is not a concern. However, others, such as serious competitive athletes and older adults, may require a bit extra on a vegan diet.

Research suggests that adults over the age of 70-75 require more protein than younger people to maintain muscle mass, as the muscle-building response to dietary protein becomes less efficient with age. 1, 2 Plus, the body produces less growth hormone with age, which leads to lower IGF-1 (insulin-like growth factor 1) levels. Both excessively high IGF-1 and excessively low IGF-1 levels are problematic: high IGF-1 is associated with an increase in cancer risk, 3, 4 IGF-1 levels that are too low in the elderly are linked to loss of bone and muscle mass and compromised brain function. 5, 6

Serious athletes may have difficulty eating enough beans, whole grains, nuts, and seeds to meet their protein and calorie needs. Insufficient protein intake can hamper muscle recovery after exercise, which relies on dietary amino acids as raw material. Pro-Boost can help athletes meet their protein needs without the risks associated with animal protein.

PLANT PROTEIN VS. ANIMAL PROTEIN

Animal protein intake is the major dietary determinant of circulating IGF-1 levels, due to the essential amino acid profile of animal protein: plant protein does not stimulate IGF-1 production with the same strength as animal protein. 3, 4 IGF-1 is important for normal growth early in life, but later in life elevated IGF-1 is linked to aging and cancer. IGF-1 promotes proliferation of cancer cells in vitro, and elevated IGF-1 levels are linked to increased risk of several cancers. 7, 8 In studies that have compared animal and plant protein intake, higher plant protein intake and lower animal protein intake is linked to a reduced risk of obesity, diabetes, and death from cardiovascular disease and cancer. 9-13

Read more:
- Optimal IGF-1 Levels for Longevity
- Nutrient Dense Plant Rich Diet Adds Powerful Punch to Athletes’ Performance
- Get Pumped Safely With Plant Protein
BLEN D OF PEA, HEMP, AND PUMPKIN PROTEINS

Pro-Boost contains a blend of pea, hemp, and pumpkin proteins, providing 10 grams of protein per serving, a more conservative dose than many other plant protein powders.

Pro-Boost also excludes soy protein. Of all plant proteins, the essential amino acid profile of soy protein is closest to animal protein, suggesting that concentrated soy protein to the diet increases IGF-1 levels. 22, 24 Isolated soy protein is a concentrated form of soy protein found in protein powders and some meat substitutes.

\[ \text{Blend of pea, hemp, and pumpkin protein} \]

**PRO-BOOST SUPERFOOD POWDER**

**Supplement Facts**

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<thead>
<tr>
<th>Serving Size: 2 scoops (42 g)</th>
<th>Servings Per Container: 45</th>
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<tbody>
<tr>
<td>Calories</td>
<td>157.75 g</td>
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<tr>
<td>Protein</td>
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<td>Carbohydrates</td>
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<td>Sodium</td>
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<td>19.4 mg</td>
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<tr>
<td>Calcium</td>
<td>250 mg</td>
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**Other Ingredients:** Organic natural vanilla flavor, organic acacia gum, organic guar gum, organic oat fiber and organic monk fruit extract.

**Suggested Use:** Mix or blend 2 scoops with 8 fl. oz. of water or plant-based milk once daily.

**Notice:** Use this product as a food supplement only. Do not use for weight reduction.

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