Dr. Fuhrman®

PRODUCT FACTS

ORGANIC PRO-BOOST SUPERFOOD POWDER

Flax, chia, and organic mushroom blend

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 7 grams of plant protein (a blend of pea, chia seed, and pumpkin protein), Pro-Boost provides 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.[5-8]

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.[3,4,9] 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.[10-14] 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. [15-19]

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

PRO-BOOST SUPERFOOD POWDER

Product Features

- Organic, vegan, non-GMO
- Free of gluten, dairy, and soy
- Each serving supplies a conservative dose (7 grams) of balanced plant protein
- A blend of pea, chia seed, and pumpkin protein
- A blend of nine organic mushroom powders provides immune-boosting phytochemicals
- Additional super foods include broccoli, kale, strawberry, and tomato
- Organic vanilla flavor

A blend of pea, chia seed, and pumpkin protein

BLEND OF PEA, CHIA SEED, AND PUMPKIN PROTEINS

Pro-Boost contains a blend of pea, chia seed, 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 could elevate IGF-1 too much.[20, 21] It has been demonstrated in humans that adding isolated 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.

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ORGANIC PRO-BOOST SUPERFOOD POWDER

Supplement Facts

Supplement Facts
Serving Size: 2 scoops (15 g)
Servings Per Container: 60

	Amount Per Serving	% Daily Value
Calories	60	
Total Fat	1.5 g	2%*
Total Carbohydrate	4 g	1%*
Dietary Fiber	2 g	7%*
Protein	7 g	10%*
Iron	2.5 mg	14%
Sodium	100 mg	4%
Organic Protein Blend: Organic pea protein, Organic chia seed protein, Organic flaxseed, Organic pumpkin protein	12 g	†
Organic Fruit and Vegetable Blend: Organic apple, Organic kale, Organic broccoli, Organic spinach, Organic carrot, Organic parsley, Organic beet, Organic green cabbage, Organic blueberry, Organic raspberry, Organic strawberry, Organic tomato	250 mg	†
Organic Mushroom Blend: Organic maitake (*Grifola frondosa*), Organic reishi (*Ganoderma lucidum*), Organic himematsutake (*Agaricus blazei*), Organic turkey tail (*Trametes versicolor*), Organic shiitake (*Lentinula edodes*), Organic lion's mane (*Hericium erinaceus*), Organic chaga (*Inonotus obliquus*), Organic zhu ling (*Polyporus umbellatus*), Organic meshimakobu (*Phellinus linteus*)	50 mg	†

*Percent Daily Values are based on a 2,000 calorie diet.
† Daily value not established.

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.

Does not contain: eggs, dairy, peanuts, tree nuts, fish, shellfish, soy, wheat, gluten

Not produced in an allergen-free or gluten-free facility. Produced in a facility with an allergen control program in place designed to properly handle, store and use materials in production to eliminate the risk of cross-contamination, in accordance with Good Manufacturing Practices (GMPs).

These supplements have not been evaluated by the Food and Drug Administration.

Products listed are not intended to diagnose, treat, cure or prevent disease.

Caution: If you are pregnant, nursing, or on medication, consult with your healthcare practitioner.

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