



RICH IN HEALTH[®]

High Protein

NUTRITIONAL FACT SHEET

Rich in Health Premium Belgian Pea Protein Isolate is 100% GMO Free. It has excellent digestibility of approximately 98% and has a very potent and balanced amino acid profile of any plant based protein. The protein bio-availability is 82%. Our Pea protein isolate is highly suitable for vegetarians and vegans, as well as those people seeking to add more health and vitality to their lifestyle.

Our Pea Protein Isolate is both gluten free and a low allergen product. It is an excellent protein source for use as a food or a supplement that will meet the needs of any individual who partakes in regular exercise for increased endurance, strength and overall fitness. The level of branch chain amino acids in our Pea Protein Isolate is higher than other vegetable protein and is comparable to those found in milk and egg protein. This is particularly important in sport foods because they allow the maintenance of muscle tissue during intensive exercise. Rich In Health Pea Protein Arginine content is the highest of all commercially available proteins and contributes to enhanced immune responses. The lysine content of our protein powder assists the body in building muscle mass as well as promoting healthy tissue growth and bone density.

Highest Vegetable Protein

NO GMO

TOTALY VEGAN

LOW GI

GLUTEN FREE

BELGIAN PROTEIN AUSTRALIAN BLENDED

BALANCED AMINO ACID PROFILE

Natural RAW Protein

ALLERGEN FREE

BEST BIO-AVAILIBLY DIGESTIBILITY PROTEIN

High Alkalinity

NO PRESERVATIVES

per	DI*	25g	100g
Protein	42%	20.5g	82g
Fat			
-Total	1%	350mg	1.3g
-Sat	1%	50mg	0.2g
Carbohydrates			
-Total	0.2%	0.7g	2.7g
-Complex		75mg	0.3g
-Sugar		<0.1g	0.1g
-Dietary Fiber		575mg	2.3g
Sodium	20%	500mg	2.0g
Energy			
-Calories		87	348
-Kilojoules	4.2%	363	1455

Nutritional Characteristics
(average Amino acids per 100g)

Alanine 4.3	Histadine 2.5	Proline 4.5
Arginine 8.7	Isoeucine 4.5	Serine 5.3
Aspartic Acid 11.5	Leucine 8.4	Threanine 3.9
Cystine 1.0	Lysine 7.2	Typtophan 1.0
Glutamic Acid 16.8	Methionine 1.1	Tyrosine 3.8
Glycine 4.1	Phenylalanine 5.5	Valine 5.0

Easy Mix

2tbsp +

200ml