

LAMBERTS®

THE PROFESSIONAL RANGE

**CONCENTRATED
Pea Protein****EASY TO DIGEST,
EASY TO ABSORB**A versatile vegetable sourced
powder that can be added to soups,
cereals and crushed fruits

GLUTEN, SOYA, EGG AND MILK FREE

FOOD SUPPLEMENT
750 grams e

This product is made from peas, from which the protein is extracted and concentrated. This unique process produces a protein that is highly soluble and therefore easy to digest and absorb. Pea protein is a rich source of the branch chain amino acids (leucine, isoleucine and valine) and is the richest natural source of the amino acid arginine.

NUTRITION INFORMATION:

	Per 100g	Per 20g serving
Energy	1568kJ/370kcal	309kJ/74kJ
Protein	80g	16g
Carbohydrates	13.8g	2.8g
Fat	3.5g	0.7g

Amino Acids per 20g serving:

Alanine	0.62g	Methionine	0.13g
Arginine	1.70g	Phenylalanine	0.85g
Aspartic Acid	1.72g	Proline	0.72g
Glutamic Acid	2.92g	Serine	0.91g
Glycine	0.63g	Threonine	0.64g
Histidine	0.47g	Tryptophan	0.20g
Isoleucine	0.73g	Cysteine	0.12g
Leucine	1.44g	Tyrosine	0.63g
Lysine	1.23g	Valine	0.70g

SERVING SUGGESTIONS: This product has a mild, slightly savoury taste and when added to soups and stews it will also have a thickening effect – so you may need to add extra liquid if you are following a recipe.

SOUPS, STEWS AND GRAVIES. Add the protein powder at the end of the cooking period, just before eating. Simply sprinkle it in and stir well.

ON CEREALS. This product mixes quite well with muesli style breakfast cereals. Just stir it into the dry muesli before adding the milk.

FRUIT SMOOTHIES. This protein powder can be mashed or blended into any fresh fruit. The mild savoury taste will be most effectively 'lost' if only 10g of Protein powder is mixed with one portion of fruit such as a banana.

MILK SHAKES. The Protein powder dissolves well when blended into milk shakes; 10g can be easily mixed into a small milkshake, and 20g into a large milkshake.

DIRECTIONS: A 20g portion of this product is generally recommended and can be measured out as two heaped dessertspoons.

Food supplements should not replace a balanced diet and healthy lifestyle.

FOR SPORTS: Protein contributes to the growth and maintenance of muscle mass. This product can be used to boost overall protein intakes and, in particular, the intake of branch chain amino acids. Depending on the amount of first class protein in your basic diet you can consume one 20g portion or two portions (40g) per day.

LOW APPETITES/RECOVERY FROM ILLNESS: A low appetite can compromise your ability to recover from illness. You need plenty of protein and calories as well as vitamins and minerals to help your body recover. We always recommend that you eat a range of different wholesome foods and consider taking a good multivitamin and mineral supplement, particularly if you have a low appetite.

Do not exceed the recommended daily dose.

Try adding 20g of Concentrated Pea Protein powder to tasty soups. In this way the protein content of homemade, tinned or packet soups can be boosted (you will need to add extra liquid).

INGREDIENTS: Pea protein isolate
Free from wheat, gluten, dairy products, egg, soya and animal products.

 Suitable for vegetarians and vegans

KEEP AWAY FROM CHILDREN

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