

## FAQ

### NATURESPURE PLANT PROTEIN

#### **What is NATURESPURE Plant Protein?**

NATURESPURE Plant Protein is an advanced plant-based protein supplement that combines pea protein powder and rice protein powder. This unique blend synthesizes easily absorbable protein to meet daily protein intake recommendations and provides essential amino acids crucial for muscle health and overall well-being.

#### **Why opt for NaturesPure Plant protein?**

NATURESPURE Plant Protein is a cutting-edge supplement that harnesses the power of plant-based nutrition. Our advanced blend of pea and rice proteins delivers unrivalled absorption and results, meeting your daily protein requirements with ease.

Crafted from plant-based sources, it's perfect for individuals with allergies to major allergens such as milk, eggs, peanuts, tree nuts, soy, fish, shellfish, and wheat. Enriched with essential nutrients like curcumin, blueberries, acai berries, and papain, this protein powerhouse takes a holistic approach to your overall well-being.

#### **Why choose NATURESPURE Plant Protein?**

- Superior Amino Acid Profile
- Improves Body Composition
- Normalizes Blood Sugar and Cholesterol
- Easily Digestible
- Hypo-allergenic
- Improve Heart Health
- Fulfils Nutritional Requirements
- Easy to Cook With
- Fast Absorption

#### **What are the Ingredients in NATURESPURE Plant Protein?**

The Ingredients in NATURESPURE Plant Protein are

- Pea protein powder
- Rice protein powder
- Curcumin
- Blueberry
- Acai berry
- Papain
- Sucralose

#### **What are the Benefits of NATURESPURE Plant Proteins?**

- PLANT BASED & Suitable for
- SUPERIOR AMINO ACID PROFILE
- IMPROVES BODY COMPOSITION
- NORMALIZE BLOOD SUGAR AND CHOLESTEROL
- EASILY DIGESTED
- IMPROVED TASTE
- HYPO-ALLERGENIC

- ADAPTABLE
- FAST ABSORPTION

### **What makes NATURESPURE Plant protein different?**

- Cruelty-free
- Naturally Sourced
- Dairy and soy free
- Gluten-free
- Free from major allergens
- 100% Natural
- No Sugar Added

### **What are the variants in NATURESPURE Plant protein?**

NATURESPURE Plant Protein comes out in Dark Rich Chocolate Variant.

### **How to take NATURESPURE Plant Protein?**

Plant based protein supplements, like any other protein powders, need to be consumed in such a way that your intake is spread throughout the day and your recommended daily intake is met.

However, the fact remains that the recommended intake of protein differs from individual to individual on the basis of their chemical composition and physical structure. The Food and Nutrition Board suggests that every individual consumes at least 1 gram of protein per 0.45Kgs of body weight so as to promote optimal functioning of the body.

In order to optimize your protein intake, you can always split up your plant protein consumption throughout the day with equal intervals and portions. This way, your protein levels stay elevated throughout and prevent your muscles from entering a stage of catabolism

### **How to Consume NATURESPURE Plant Protein?**

- Add two scoops (approximately 15 gm) of NATURESPURE Plant Protein Powder to 150 ml of your choice of milk.
- Stir briskly until fully dissolved.
- Consume daily for optimal results

### **What are the benefits of consuming NATURESPURE Plant-based protein than animal-based protein?**

**Ease of Digestion:** Plant based proteins include other nutrients like fibre and plant enzymes that aid digestion.

**Easier to Absorb:** Plant protein acts in combination with the amino acids and makes it easier for your gut to digest them so the body absorbs and then utilize the proteins for bodily function.

**Complete Protein:** When combining two or more sources of plant proteins like pea and rice protein, you can make up for a complete protein with all essential amino acids

**Heart Health:** Plant proteins are low in their saturated fat content, making them the better choice for sustained heart health whereas Animal proteins are loaded with saturated fats that can cause issues like higher cholesterol or blockages in the arteries with regular use.

**Healthy Gut microbiome:** Plant-based powders have a distinct gut profile that contains fewer disease-causing organisms and irritants for the gut when compared to whey products. This helps to prevent gut inflammation while also encouraging the growth of a healthy gut microbiome.

**Makes you Fuller:** Plant protein is made using rich sources of vegetable protein foods such as legumes and beans which have a very densely packed structure which may make you feel fuller and suppress your appetite. This can be beneficial in a lot of things such as weight loss and boosting your body's metabolic activity

**Fulfills Nutritional requirements:** Plant protein has a significantly higher count of essential nutrients such as magnesium, potassium, and dietary fibers. This is a huge advantage for those who not only experience a protein gap but also basic nutritional deficiencies.

**Aids Muscle Health:** Plant protein is one of the quickest digestible sources of amino acids, making it the ideal choice of protein to boost your muscle gains. Protein is also beneficial in controlling the expansion and contraction of our muscles

**Aids Cognitive functioning:** Plant-based proteins are synthesized using various medicinal herbs and natural whole foods which not only offer protein but also other essential nutrients such as the B class of vitamins, phosphorus, manganese, etc. These nutrients have a significant role to play in the cognitive functioning of the body.

### **Why do we formulate Pea and Rice protein together?**

When you combine the right plant proteins together, you might end up with a complete protein. Combining Pea and Rice proteins makes up a more balanced amino acid composition to form a complete protein.

Pea and rice proteins are a great example of high-quality plant-based proteins that can improve your overall health, as well as support muscle growth and recovery.

They are ideal for those with food allergies, intolerances, or someone wanting to incorporate more Plant-based foods into their diet.