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Vegelite Protein powder – A blend of Rice and Pea protein designed to meet protein needs, helps to maintain lean muscle mass and supports immune function

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ABSTRACT

Vegelite Protein powder – A blend of Rice and Pea protein designed to meet protein needs, helps to maintain lean muscle mass and supports immune function. Vegan Protein can promote post-workout recovery, help maintain lean muscle mass, and support immune function in people sensitive to dairy or those following a vegetarian or vegan diet. Pea protein, derived from yellow peas, is high in arginine, an amino acid that helps repair muscles by aiding in the production of muscle-building creatine. This review summarises the current available scientific literature regarding the effect of Vegelite Protein powder that helps to maintain Healthy life Style, Provides a Balanced Aminoacid profile & allowing the body to benefit from the protein.

Keywords: Vegelite Protein powder, A blend of Rice and Pea protein, Lean muscle mass, Supports immune function.

INTRODUCTION

Pea proteins are becoming a viable alternative to soy protein because of techno-functional and nutritive characteristics [1], which can be as good as those of soybeans. Furthermore, pea seed have a lower content of anti-nutritive components, such as proteinase inhibitors and phytic acid [2] and caused less frequent allergic reactions in humans than soybean (3). In addition, they also contain good quality starch and fibers. The most promising alternative to soy protein products are pea protein isolates. As in the case of soy protein isolates, techno-functional properties including solubility, emulsifying, foaming and gelling properties of pea isolates are well documented [4-10].

Pea seeds contain about 22-23% proteins. The majority of pea proteins are globulins and albumins, which represent about 80% of total seed protein content. Albumins represent 18-25% and globulins 55-65% of total proteins [21]. All globulins and some of albumins are storage proteins, which are used as nitrogen sources for the new embryos after seed germination [22].

Major pea storage proteins, legumin, vicilin and convicilin are globulins and represent 65-85% of total proteins [23]. According to sedimentation properties these proteins are classified into two fractions, 7S (vicilin, convicilin) and 11S fraction (legumin). Molecular forms of the three major proteins are presented in Figure 1.

distinctively different amino acid profile and unlike the 7S vicilin, contains very little carbohydrate and has a subunit molecular weight of 71,000 Da. The molecular weight of its native form is 290,000 Da including an N-terminal extension [8]. Convicilin is not known to undergo any post-/co-translational modifications other than removal of the signal peptide, and it is not glycosylated. In opposite to vicilin, the residues of sulphur-amino acids are presented in primary structure of convicilin. However, O’Kane et al. denoted this protein as α -subunits of vicilin. According to these authors, convicilin has an extensive homology with vicilin along the core of its protein, yet is distinguished by the presence of a highly charged, hydrophilic N-terminal extension region consisting of 122 or 166 residues. The

homologies of convicilin and vicilin are shown schematically in Figure 2.

Pea protein content and composition vary among genotypes. Also, these parameters are influenced by environmental factors. As a result of genotype and environment- induced variations, the ratio of vicilin to legumin varies and may range from 0.5 to 1.7, with a mean of 1.1. Barac et al (6) investigated protein composition of six different genotypes and showed that the ratio of the sum of vicilin and convicilin to legumin content ranged from 1.30 to 1.78. The differences in content, composition and structure between vicilin and legumin are exhibited in both nutritional and techno-functional properties. Legumin contains more sulphur containing amino acids than vicilin per unit of protein [27], and its more available fraction from a nutritional point.

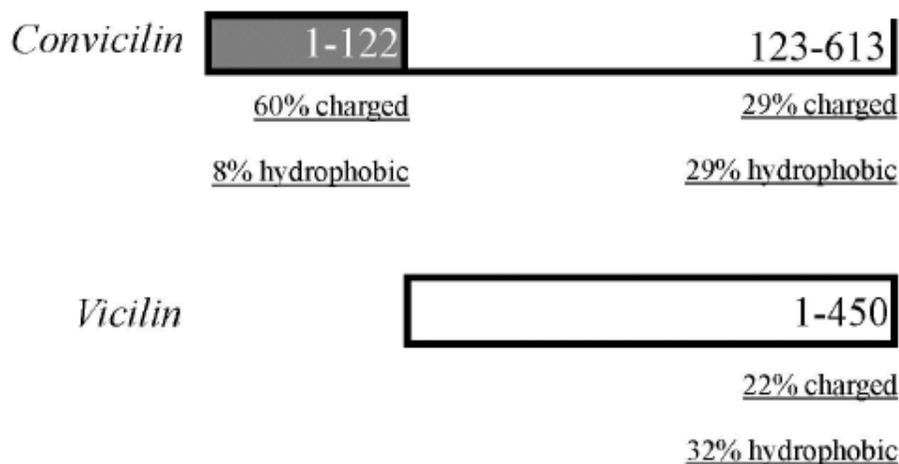


Figure 2. Schematic diagram of the highly charged N-terminal extension region (residues 1-122) present in convicilin molecules.

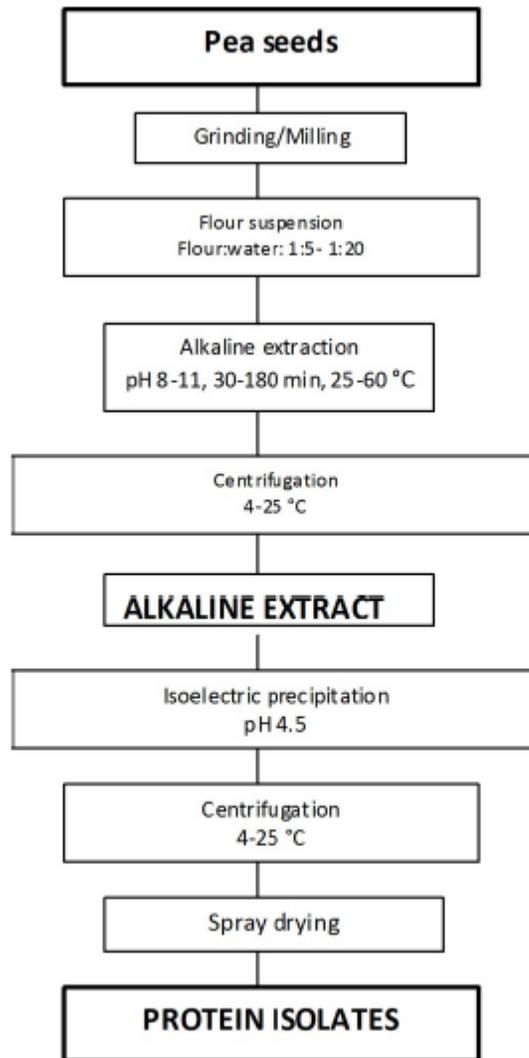


Figure 3. Schematic diagram of alkaline extraction and isoelectric precipitation process for production of pea protein isolates (8)

Vegelite Protein powder – A blend of Rice and Pea protein designed to meet protein needs, helps to maintain lean muscle mass and supports immune function.



Flavours : Vanilla & Chocolate
Available in both 1LB and 2LB

VEGELITE™

- **Vegan protein supplement to support healthy weight management .**
- **VEGELITE** A blend of pea and rice proteins designed to help you meet your protein needs, helps to maintain lean muscle mass and supports immune function.
- High quantity of L-arginine amino acid in **VEGELITE** helps to repair muscles, boosts stamina and promotes muscle strength.
- Begin the morning with a **VEGELITE** shake and can achieve the following;
 - ▶ Metabolism is jump started by converting glucose and fat to energy, instead of storing fat as well high carbohydrate breakfast.
 - ▶ Helps to promote a feeling of fullness, reduces feeling of hunger and supports healthy weight management when combined with exercise and reduced calorie diet.

Composition of vegelite protein powder

- Pea Protein Isolate: 22 grams
- Rice Protein 2 grams
- Iron -1 mg
- Sodium-100 mg
- Potassium-80 mg
- Calcium-80 mg
- Maize Extract-1 gram
- Sugar- 1 gram

Supplement facts

Presentation: Protein powder

Usage

Vegelite Protein powder, A blend of Rice and Pea protein designed to meet protein needs, helps to maintain lean muscle mass and supports immune function. A blend of pea and rice proteins designed to Help to maintain Healthy life Style, Provides a Balanced Aminoacid profile allowing the body to benefit from the protein. Help to meet protein needs. Vegan Protein can promote post-workout recovery, help maintain lean muscle mass, and support immune function in people sensitive to dairy or those following a vegetarian or vegan diet.

Pea protein, derived from yellow peas, is high in arginine, an amino acid that helps repair muscles by aiding in the production of muscle-building creatine.

Contra-indications

Product is contra-indicated in persons with Known hypersensitivity to any component of the

product hypersensitivity to any component of the product.

Suggested Use

Mix 1 level scoop of powder with at least 10 ounces of water, juice, or preferred beverage daily or as recommended by your health-care or performance professional.

Warnings

Allergy warning

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

Pregnancy

If pregnant, consult your health-care practitioner before using this product.

Interactions

There are no known adverse interactions or contraindications at publication date

Faqs

Why is the powder fluffy?

Our Vegelite Protein is fluffier because we don't add lecithin. Lecithin makes powders more moist, less messy, and easier to mix, but doesn't add any nutrients. This fluffier consistency also makes Vegelite Protein ideal for making brownies and other snacks.

What's the breakdown of pea and rice protein in this product?

It's about 95 percent pea protein and 5 percent rice protein.

Storage: Store in a cool, dry and dark place.

CONCLUSION

Vegete Protein powder, A blend of Rice and Pea protein designed to meet protein needs, helps to maintain lean muscle mass and supports immune function, Helps to maintain Healthy life Style, Provides a Balanced Amino acid profile allowing the body to benefit from the protein. Vegan Protein can promote post-workout recovery, help maintain

lean muscle mass, and support immune function in people sensitive to dairy or those following a vegetarian or vegan diet. Pea protein, derived from yellow peas, is high in arginine, an amino acid that helps repair muscles by aiding in the production of muscle-building creatine.

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Conflicts of interest statement

The authors declare that there is no conflict of interest.

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