

# PhytoTein™

Blend of 5 Plant-based Proteins



FOUNDATIONAL HEALTH



PhytoTein™ is a delicious, dairy-free, plant-based protein powder that promotes protein status and nutritional support in the body.\* It features an organic protein blend primarily composed of organic pea protein with additional protein from organic sunflower, pumpkin seed, sacha inchi, and rice sources, providing 20 g of protein per 1-scoop serving. This formula is a true vegetarian- and vegan-friendly protein powder that is easily digestible and easily absorbed in the body. It offers a variety of nutritional benefits.\* PhytoTein™ is a pleasant-tasting protein alternative for individuals with allergies or sensitivities to difficult-to-digest proteins, such as egg, whey, casein, and soy, and for those who have lactose intolerance.\* The high-quality pea protein in this formula is non-genetically modified and has a neutral taste and smooth texture.

Protein is a fundamental macronutrient required to maintain normal bodily functions, nutrition, and health status. Sufficient protein consumption provides the amino acids, including all the essential amino acids required for protein synthesis in the body. These serve as the main structural component of muscles, bones, hair, skin, nails, tendons, ligaments, and blood vessels. They also build hormones, neurotransmitters, and enzymes that must function properly to maintain health and wellness.\* Research has established the role of dietary protein in supporting healthy weight, body composition, lean body mass, metabolic health, and feeling satisfied after meals.\* Protein from plant sources has been shown to support heart and metabolic health.\* Increased protein intake may also benefit individuals with greater protein requirements, such as athletes and aging populations.\*

## Benefits\*

- Supports overall protein status
- May support athletes/bodybuilders who have higher protein needs but are sensitive to dairy
- Promotes healthy body composition and lean muscle mass
- Suitable for individuals who have lactose intolerance or dairy allergies
- Vegetarian and vegan-friendly

## Recommended Use

Mix 29-34 grams (approximately one scoop) in 10 ounces of water or any other beverage per day, or as directed by your health-care practitioner.

## Highlights

- Features a blend of five high-quality, plant-based, organic proteins: pea, sunflower, pumpkin seed, sacha inchi, and rice proteins
- Contains 20 g of protein per serving with a well-balanced amino acid profile that is similar to whey protein
- High iron content with 6 mg (33% of daily value) per serving in the chocolate flavor and 5 mg (30% of daily value) per serving in the vanilla flavor and unflavored options
- Creamy, smooth texture
- Available in great-tasting, vanilla and chocolate flavors sweetened with stevia leaf and monk fruit extract, in addition to an unflavored/unsweetened option



To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at [www.designsforhealth.com](http://www.designsforhealth.com).

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.