

# PurePea™

20 G Pea Protein



FOUNDATIONAL HEALTH



PurePea™ is a pea protein isolate that is delicious and easy to digest. PurePea™ is free of dairy and all other animal proteins, making it ideal for even the strictest vegetarians and vegans. The yellow peas are produced with a natural fermentation process that uses no chemical solvents.

Pea protein features a superior digestibility and low allergenic profile compared with other vegetarian protein sources. Pea protein offers a high level of protein and other nutritional benefits; it contains all of the essential amino acids and may have a well-balanced amino acid profile similar to whey protein. Amino acids are the building blocks required to build skeletal muscle, among many other structures and functions that rely on them in the body.

Pea protein, especially in the isolate form, has substantially lower levels of anti-nutritional, plant-based compounds, such as phytates, lectins, oxalates, and tannins, compared to other plant protein sources such as soy. These anti-nutritional factors may interfere with the digestibility of protein and inhibit the absorption of other key micronutrients, such as magnesium, iron, zinc, and calcium.

In addition to the amino acid content supporting lean body mass, pea protein may also promote heart health.\* Components of the pea have been shown to help support normal blood sugar metabolism and normal fat metabolism.\* Therefore, this formula may be ideal for individuals seeking support for cardiovascular health, healthy weight management, and overall metabolic health.\*

## Benefits\*

- Promotes lean body mass
- Helps supports protein status, especially in vegetarians and vegans
- Promotes a healthy body composition
- Supports normal blood sugar and fat metabolism

## Recommended Use

**Chocolate:** Mix 33 grams (approximately one scoop) in 8 ounces of water or any other beverage per day, or as directed by your health-care practitioner.

**Vanilla:** Mix 30 grams (approximately one scoop) in 8 ounces of water or any other beverage per day, or as directed by your health-care practitioner.

## Highlights

- Ideal for individuals on a dairy-free diet or anyone who is looking for a vegetarian protein with superior digestibility
- 20 g of protein per serving
- 0 grams of sugar; sweetened with monk fruit extract for minimal impact on blood sugar
- Dairy-free, grain-free, gluten-free, soy-free, and no fructose or sugar alcohols
- Available in delicious chocolate and vanilla flavors
- Good source of iron (6 mg chocolate flavor, 5 mg vanilla flavor)

ZPTD PEA 9/23

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.

Designs for Health and logo are trademarks of Designs for Health, Inc.© 2023 Designs for Health, Inc. All rights reserved

\*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.