

# Vegan PROtein+

**MICRONIZED PEA PROTEIN WITH A PLUS OF ESSENTIAL AMINO ACIDS**

## CHOCOLATE

- 23 g of protein per serving
- Very low in Carbohydrates and No Sugars
- 2.130 mg of Leucine per serving
- Micronized Product = Immediate Solubility
- No gritty texture and Delicious flavor
- Gluten and Allergens Free



**VEGAN PROtein +** is pure micronized pea protein, so its texture is unique, being very fine and not at all gritty. It is a unique product in the vegetable protein market due to its **incredible texture and flavor**, so much so that when you take it you do not believe that you are taking a vegetable protein.

In addition, we have countered the deficiencies that we find with the sources of protein of vegetable origin (limiting amino acids) **by adding** some essential amino acids (EAAs) such as **Lysine, Methionine, Threonine** and including the branched chain amino acids **Leucine, Isoleucine** and **Valine** in sufficient quantities to achieve a complete aminogram and, therefore, increasing the biological value of the product to equal it to protein sources of animal origin, such as milk proteins (Whey and/or Casein).

And it is that it has been shown that the content of essential amino acids (EAAs) of a protein modulates the increase in the rate of muscle protein synthesis, so that when there is a low amount of EAAs, specifically leucine, lysine and methionine, it is produced a lower anabolic response (Stefan, HM et al., AA. 2.018) hence we have fortified the formula with the most important essential amino acids.

**The vegetable protein that was believed to be a whey protein...**

Being a fortified and micronized pea protein, it has greater

solubility than other vegetable proteins, so it is digested quickly, so much so that it is almost comparable to whey protein (Overduin, J. et al., F & NR. 2015) and, thanks to this, it has been scientifically proven that it is better compared to placebo and just as effective as Whey protein for muscle adaptations and/or gains (Babault, N. et al., JISSN. 2015), recovery processes, etc. And it has been shown that not only the composition of essential amino acids (EAAs) is responsible for modulating protein synthesis, but also the kinetics of digestion (digestibility) is very important, so much so that some vegetable proteins with a proportion in lower EAAs but with higher digestion kinetics, they activate muscle protein synthesis more than other slower animal proteins, although with higher EAAs proportions (Jagüer, R. et al., JISSN. 2.017).

For all this, **VEGAN PROtein+** is a perfect alternative to animal protein supplements, whether you are **vegan** or not and simply want to have another source of high-quality and **allergens free** protein.

And like all Crown Sport Nutrition® products, and in this case even more so, with a spectacular flavor, texture and digestibility.

**Ingredients (Chocolate):** (84%) Micronized pea protein, defatted cocoa powder, L-leucine, flavouring, L-isoleucine, L-lysine HCl, L-methionine, L-threonine, L-valine and sweetener: sucralose.

**Instructions for use:** Mix 30 g of product (1 scoop or 1 shachet) with 300 ml water and preferably take after training to stop protein catabolism and promote muscle anabolism. In the not training days as an additional source of proteins.

**Available flavors:** Chocolate and Vanilla.

**Available formats:** Tin of 750 g (25 servings) and single-dose sachet of 30 g (only in chocolate).

<b>NUTRITIONAL INFORMATION</b>	<b>Per 100 g</b>	<b>Per serving of 30 g</b>
Energy	1.715 kJ 407 kcal	514 kJ 122 kcal
Fat	9,1 g	2,7 g
• of which sat. fatty Acids	2,7 g	0,8 g
Carbohydrates	2,2 g	0,7 g
• of which Sugars	0,0 g	0,0 g
Protein	76 g	23 g
Salt	2,1 g	0,62 g
L-Leucine added	1.300 mg	390 mg
L-Isoleucine added	900 mg	270 mg
L-Lysine added	900 mg	270 mg
L- Methionine added	800 mg	240 mg
L-Threonine added	400 mg	120 mg
L-Valine added	400 mg	120 mg

**Amino acid profile from pea protein (plus added) per portion:**

<b>AMINO ACIDS</b>	<b>Quantity per serving of final product (g)</b>
L-Alanine	0,88
L-Arginine	1,76
L-Aspartic Acid	2,31
L-Cysteine	0,20
L-Glutamic Acid (Glutamine precursor)	3,35
L-Glycine	0,86
L-Histidine	0,55
L-Isoleucine**	1,01
L-Isoleucine added	0,27
L-Leucine**	1,74
L-Leucine added	0,39
L-Lysine	1,58
L-Lysine added	0,27
L-Methionine	0,20
L-Methionine added	0,24
L-Phenylalanine	1,21
L-Proline	0,91
L-Serine	1,11
L-Threonine	0,81
L-Threonine added	0,12
L-Tryptophane	0,18
L-Tyrosine	0,83
L-Valine**	1,08
L-Valine added	0,12
<b>TOTAL</b>	<b>21,98</b>

\*\*Branched Chain Amino Acids (BCAA)



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