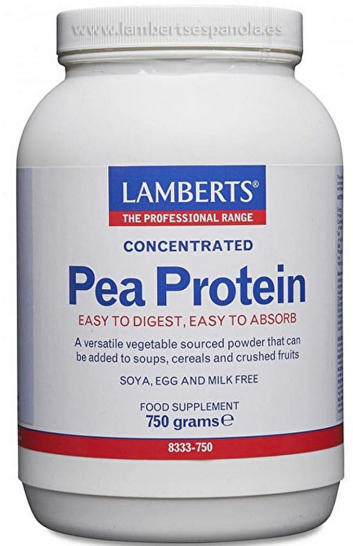


Pea Protein 750 g

EAN: 5055148403478

FABRICANTE: LAMBERTS



Yellow Pea Protein. Highly soluble protein and therefore easy to digest and absorb.

DESCRIPTION

LAMBERTS[®] Pea Protein, as the name suggests, is a product containing protein obtained from yellow peas. Through an ingenious extraction and purification process, the protein is concentrated from the normal level of 6% present in fresh peas, to the 80% contained in our product.

This unique process produces a protein that is highly soluble and therefore easy to digest and absorb.

We have specifically chosen peas as a protein source because their amino acid profile is excellent.

Amino acids are used by the body to build proteins.

Proteins are essential for the formation of cells, and are also linked to the biochemical structure of hormones, enzymes, neurotransmitters and antibodies.

Amino acids are classified as essential or non-essential.

Essential amino acids cannot be synthesized in the body and must be obtained through diet, while non-essential amino acids, although extremely important for health, can be synthesized in the body and are therefore not classified as "essential."

Pea Protein has many uses as it is free of wheat, gluten, dairy, eggs, soy and animal products.

It is sugar-free and has a mild salty flavor that makes it useful for mixing into soups and stews.

It can also be mixed with fruit such as banana to make a fruit smoothie.

It can be used by anyone who is, for example, recovering from an illness and/or has a low appetite.

Cream colored powder. Pea protein isolate:

Nutritional information Per 100 g

For 20 g

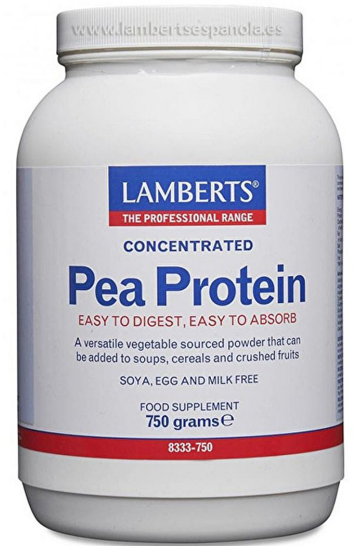
Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241228
<https://bio-farma.es/buy/f/lamberts/pea-protein-750-g>



Pea Protein 750 g

EAN: 5055148403478

FABRICANTE: LAMBERTS



Energy	1579 kJ/378 Kcal	315.8 kJ/75.6 Kcal
Proteins	80 g	16 g
Carbohydrates	2 g	0.4 g
of which sugars	0 g	0 g
Fats	5.5 g	1.1 g
of which Saturated	1.2 g	0.24 g
Salt	2.20 g	0.44 g
Phosphorus	1,127 mg (161% NRV*)	225.4mg (32.2%NRV*)
Iron	29 mg (207% NRV*)	5.8 mg (41.4% NRV*)

*NRV= Nutrient Reference Values.

Amino acids per 20 g dose:

Alanine	0.66 g	Lysine	1.26 g
Arginine	1.24 g	Methionine	0.12 g
Aspartic Acid	1.72 g	Phenylalanine	0.8 g
Cysteine	0.2 g	Proline	0.54 g
Glutamic Acid	2.4 g	Serine	1.3 g
Glycine	0.56 g	Threonine	0.54 g
Histidine	0.3 g	Tryptophan	0.12 g
Isoleucine	0.76 g	Tyrosine	0.64 g
Leucine	1.32 g	Valine	1.02 g

Suitable for vegetarians and vegans and free of lactose and gelatin.

Allergen note

The following list of allergens are excluded: Wheat, Dairy, Egg, Soy and Animal Products. Free from gluten-containing ingredients.

Precautions

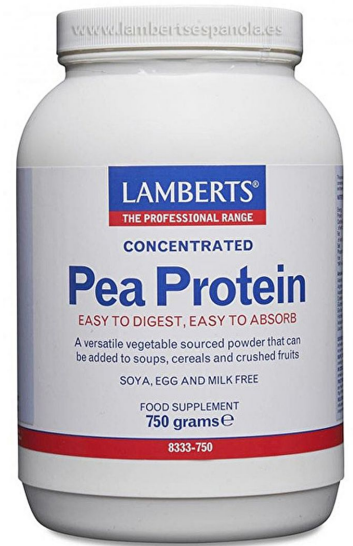
Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241228
<https://bio-farma.es/buy/f/lamberts/pea-protein-750-g>



Pea Protein 750 g

EAN: 5055148403478

FABRICANTE: LAMBERTS



None known at the recommended dose.

Instructions for use

SUGGESTED USE:

This product has a mild, slightly salty flavour and when added to soups and stews it also has a thickening effect, so additional liquid may sometimes be necessary.

SOUPS, STEWS AND SAUCES: Add protein at the end of the cooking period, just before eating. Simply sprinkle and mix well.

ABOUT CEREALS: This product mixes very well with muesli cereals. Simply stir it into the dry muesli before adding the milk.

FRUIT SHAKES: This protein powder can be crushed or blended with any fresh fruit. The mild salty taste is lost by simply blending 10g of protein with a serving of fruit, such as a banana.

MILKSHAKES: Protein powder dissolves well when mixed into shakes, 10g can be easily mixed into a small shake and 20g into a large shake.

FOR ATHLETES: Proteins contribute to the growth and maintenance of muscle mass. This product can be used to increase the overall protein intake. Depending on the amount of premium protein in your basic diet, you can consume one dose of 20 g or two doses (40 g) per day.

LOW APPETITE/RECOVERY FROM ILLNESS: We recommend a daily dose of 20g, plus we always advise eating a variety of healthy foods and considering taking a good multivitamin and mineral supplement, particularly if you have a low appetite.

Try adding 20g of Pea Protein Concentrate Powder to soups. This way, the protein content could be enriched in homemade, canned or sachet soups (you might need to add more liquid).

