

Pea protein 80% 250 gr. ECO

EAN: 001420000007

FABRICANTE: SALUD VIVA



Pea protein has a great amino acid profile, including the branched chain amino acids that are so important for muscles.

DESCRIPTION

Pea protein powder is becoming a favourite in gyms, boosting protein intake with minimal time and preparation – also for the health conscious. Not only is it gluten and dairy free, making it one of the most hypoallergenic, it also doesn't cause bloating like other protein powders. Another great reason to use this protein powder is that your body has a minimal window of time (about 30 minutes after working out) in which it absorbs amino acids faster than at any other time. Eating a full meal is not only difficult at that time of day, but can even make you feel nauseous, whereas a light shake packed with great protein is a quick alternative. It is best to alternate it with other protein powders. Pea protein has a great amino acid profile, including the branched chain amino acids so important for muscles, but these are not its only benefits. It is common for people trying to lose weight to neglect their protein intake, which usually means they don't actually lose much weight. However, eating protein every day helps you build muscle and burn fat faster.

SOURCE OF: MAGNESIUM AND HIGH CONTENT OF: CALCIUM, IRON, ZINC, COPPER AND PROTEINS .

NUTRITIONAL INFORMATION (per 100 gr):

- Energy.....1663-1707 kJ / 393-404 kcal.
- Fats.....6.8-,97 g.
- Of which saturated.....3.59 g.
- Carbohydrates.....0-3.32 g.
- Of which sugars.....0-<0.1 g.
- Fiber.....4.3-5.3 g.
- Protein.....79-83 g.
- Salt.....2.34-2.9 g.

-
- Calcium.....290.10 mg.
 - Magnesium.....69.2 mg.

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241223
<https://bio-farma.es/buy/f/salud-viva/pea-protein-80-250-gr-eco>



Pea protein 80% 250 gr. ECO

EAN: 001420000007

FABRICANTE: SALUD VIVA



- Iron.....26.9 mg.
- Zinc.....46.0 mg.
- Copper.....14.8 mg.

Ingredients:

100% pea protein powder*.

*From organic farming.

May contain traces of nuts and sesame.

Benefits they contribute to:

- Ca is necessary for the maintenance of normal bones.
- Cu contributes to normal hair and skin pigmentation.
- Cu to the normal functioning of the immune system.
- P to the normal functioning of cell membranes.
- Fe contributes to the normal formation of red blood cells and hemoglobin and to the normal transport of oxygen in the body.
- Mg helps reduce tiredness and fatigue and normal energy metabolism.
- Zn contributes to normal fertility and reproduction and to the maintenance of normal testosterone levels.
- Zn helps maintain normal skin, hair, nails and vision.
- Proteins to preserve and increase muscle mass.

