



Strawberry, Vanilla, Cookies & Cream

B-Shake

DIETARY SUPPLEMENT

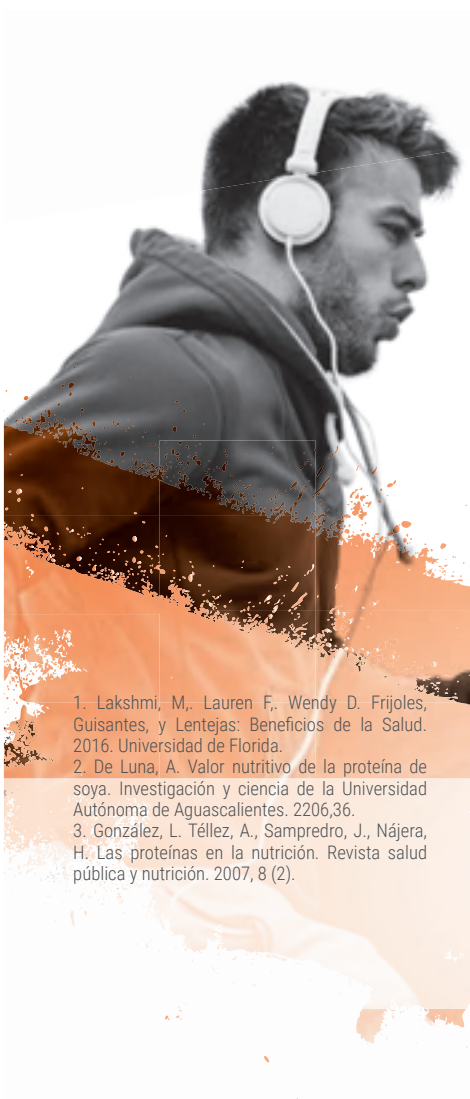
WHAT IS IT?

Mixture of **soy, pea and whey proteins** that complement the requirements of protein in a healthy diet. It contains vitamins, minerals and agave inulin.



FEATURES





1. Lakshmi, M., Lauren F., Wendy D. Frijoles, Guisantes, y Lentejas: Beneficios de la Salud. 2016. Universidad de Florida.
2. De Luna, A. Valor nutritivo de la proteína de soya. Investigación y ciencia de la Universidad Autónoma de Aguascalientes. 2206,36.
3. González, L. Téllez, A., Sampredro, J., Nájera, H. Las proteínas en la nutrición. Revista salud pública y nutrición. 2007, 8 (2).

KEY INGREDIENTS



PEA PROTEIN

The pea protein is considered as a healthy choice of good quality vegetable protein, it's rich in essential and branched chain amino acids. (1)



SOY PROTEIN

Soy protein is a valuable source of plant protein; besides being of good quality, it has an adequate content of essential amino acids required in human nutrition. (2)



WHEY PROTEIN

Whey is a protein of animal origin with high nutritional value and a high percentage of absorption. (3)

Proteins are macromolecules that perform the greatest number of functions in the cells of the human being.

The recommended intake of protein is .8 to 1 g / kg / weight per day. It is recommended to combine vegetable and animal source protein. (3)

SUGGESTED USE

Add 1 scoop of 20 g of formula in a glass with 240 ml of cold water, skim milk or any drink. Dissolve the formula in the liquid and enjoy the taste.