

 **nutrilite™**

# Shake It Up!



Unleash the **POWER** of **PROTEIN**



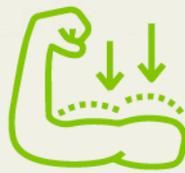
# Are you eating enough protein?

## Let's find out!

Tick off the ones that relate to you.



Constantly Hungry



Muscle Loss



Fatigue



Slow Recovery from Exercise



Weak Immune System



Hair Loss



Brittle Nails



Fluid Retention



Poor Wound Healing



Difficulty Concentrating



Changes in Skin Texture



Weak Bones

If you have ticked at least three (3) of these, start paying attention to your protein intake!

# Protein 101

## Everything you need to know about protein



You're no stranger to the benefits of protein - it's the building block of a healthy lifestyle. But as you navigate the demands of work and family life, it's important to understand how protein plays a crucial role in supporting your overall wellbeing as you go about your day.

Let's learn all about this important nutrient and start to **Shake It Up to Unleash the Power of Protein.**

### What is protein?

Protein isn't just another nutrient on the list - it's a crucial player in the game of health and vitality. It's essential for maintaining your body's overall function and wellbeing just like how our body needs oxygen and water to survive.



### Fun Fact



**Did you know that every single cell in your body relies on protein to carry out its duties effectively?**

From building and repairing tissues, to supporting immune function and so much more, protein truly is the unsung hero of your body's intricate machinery.

### Why do I need protein?



Development of red and white blood cells



Building block for body tissues



Maintain tissue growth



Synthesise collagen



Source of energy



## Who needs protein?

Short answer: **EVERYONE!**

On average, Malaysians only consume **57g** per day, much lower than the World Health Organisation (WHO)'s recommendation of **83g**.



## Want to know how much protein your body needs?

Click [HERE](#) for the protein calculator



Here's how protein can benefit everyone of all ages:



### Children & Teenagers

- Supports stronger growth and development
- Increases protection against bacteria and viruses
- Energy and stamina for studies and sporting activities



### Working Adults/ Parents

- Balanced energy for work and home
- Muscle building for active adults
- Glowing skin, hair and nails



### Golden Agers

- Improves muscle strength
- Retains bone mass
- Supports mobility health
- Graceful & health ageing

Running out of ideas to incorporate more protein into your daily intake?  
Check out our tasty yet easy recipes!

Click [HERE](#) for protein-packed recipes

# All these benefits sounds amazing! Where can I get my source of protein?



Meat, poultry and fish



Dairy products



Legumes & Grains



Nuts



Tofu



Seeds

## We also recommend: Nutralite Soy Protein Drink

Offers a unique blend of



Soy



Wheat



Yellow Peas

Ensured safety and quality through Nutralite's 9-Step Traceability Process.

Contains



9 essential amino acids (EAAs) to support



digestion



tissue growth and repair



hormone production



brain function

Suitable for



vegetarians



lactose intolerant consumers

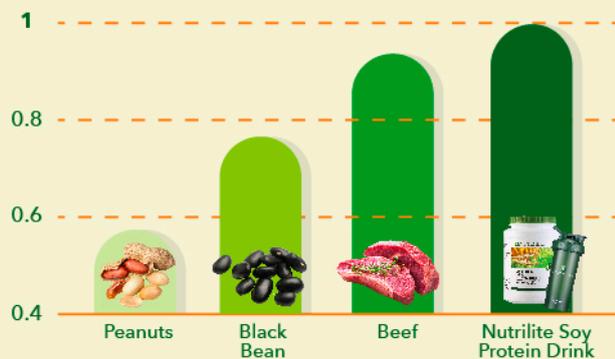


and is free from animal-derived ingredients

Has a Protein Digestibility Corrected Amino Acids Score (PDCAAS) of

1

ensuring easily digestible protein and amino acids<sup>1</sup>.



The chart above reflects the PDCAA comparison between different protein sources.

1 serving



(10g) delivers 8g of high quality protein.



Low in fat & cholesterol-free.



Complements other foods and beverages, helping meet daily protein needs and curbing hunger.

# Did you know?

Daily intake of **25 grams per day of Nutralite Soy Protein Drink** can help regulate total cholesterol levels. It may help **reduce your LDL concentration by 30%**, while increasing the production of good cholesterol<sup>3</sup>.

	Protein	Fat	Carbohydrate	Calories
1 scoop of Nutralite Soy Protein Drink 	8g	0.5g	0.3g	40kcal
1 egg 	8g	6.8g	0.41g	90.2kcal
1pc fried chicken wing 	8g	8g	5g	130kcal
1 plate fried kuey teow 	8g	15.5g	36.2g	321kcal
1 plate nasi lemak 	14.7g	11g	86.6g	505kcal
1 roti canai and dhal 	6.65g	10.3	45.5g	300kcal

Exercising portion control can help you lower your calorie intake so that you do not consume more calories than you burn. This can help you maintain a healthy weight.

## Why Nutralite Soy Protein Drink 900g?

1 family\* consumes almost 70g\*\* protein in



7 days more consumption



Nutralite Soy Protein Drink 450g

\* Family refers to a household of 2 working adults, 3 children/teenagers, elderly parents

\*\* 1 scoop of Nutralite Soy Protein Drink (10g) = 8g of protein



 **SHOP NOW**

### References

- Hoffman, J. R., & Falvo, M. J. (2004). Protein - Which is Best. *Journal of Sports Science & Medicine*, 3(3), 118-130.
- Malaysian Food Composition Database, Ministry of Health Malaysia
- Influence of Soy Lecithin Administration on Hypercholesterolemia, Hindawi Publishing Corporation *Cholesterol* Volume 2010, Article ID 824813, 4 pages doi:10.1155/2010/824813