



RAW PHYTO PROTEIN

Protein for power and protection. Develop strength and delay aging with certified organic, raw plant-based protein. Enerex **Raw Phyto Proteins'** vegan blend provides 22 grams of complete protein per serving including all essential amino acids. It offers Sprouted, Whole Grain Brown Rice and Quinoa, Raw Savi, Hemp and Chia Seeds, and supergreen Spirulina. This clean formula does not have additives, preservatives, sugar/cane juice/stevia, salt, caffeine, GMOs, herbicides/pesticides, gluten, whey, soy or pea ingredients — which may be in other protein powders. Available in four delicious all-natural flavours: Apple, Vanilla, Raspberry Banana and Natural.

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OVERVIEW

Amino All Stars

Protein is vital to a healthy diet. You need protein for growth and repair of skin, hair and nails; it builds your muscles and bones; protein repairs your cells, maintains your immune system to fight disease, and helps to regulate hundreds of metabolic processes inside your body. Without it, and the “building blocks” that make protein called amino acids, you wouldn’t survive.

You know that most “complete protein” comes from animals (everything from bison and turkey to eggs and cheese). But if you are:

1. considering healthier lifestyle options that reduce saturated fat and the acidity associated with meat products
2. vegetarian or vegan
3. seeking an athletic edge for better performance

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4. looking for a lower calorie, lower fat form of protein to aid weight loss
5. requiring easily-digested forms of nutrition due to ageing or gastrointestinal issues

...then plants can fulfill all of your protein requirements!

Enerex **Raw Phyto Proteins** is a high quality plant-based protein blend for active lifestyles and anyone seeking a condensed form of protein nutrition. It features Organic Sprouted Whole Grains including Raw Brown Rice and Raw Quinoa, Organic Seeds including Raw Savi Seed, Raw Hemp Seed and Raw Chia Seed, and Supergreen food Spirulina. It includes a prebiotic healthy soluble fibre blend of Agave Inulin and Guar Gum.

Enerex **Raw Phyto Proteins** offers health enthusiasts of all ages – including children and the elderly – a clean, complete, convenient source of protein. It represents a substantial advance in bioavailability (ability to be absorbed and used in your body); it is gluten-free and suitable for vegans. Special attention was given to make it taste great!

Ace as an athlete

Adequate protein is a necessary part of every athlete's regimen.

Properly balanced plant proteins can offer several advantages over traditional animal-based ones such as whey if you want to improve your physical training. They can boost your performance, improve muscle tone, decrease excess fat, help your body to function more efficiently, recover faster, and increase energy.

Some types of animal-based protein may be harder for the body to digest than certain plant-based options. In addition to creating a heavy, bloated feeling that slows you down, animal proteins like red meat can increase inflammation. This inflammation may reduce your energy and performance during exercise, especially in the long term. Plant proteins are alkaline (the opposite of meat/dairy, which is acidic), can reduce rather than increase inflammation, and tend to make you feel "lighter" after eating them than meat, although you still feel contented and satiated.

Protein: protection against aging

Anyone interested in taking their health to a higher level can benefit from incorporating plant proteins into your diet. Better performance can be related to almost every area of your life, especially as you age.

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For example, since loss of lean body mass (muscle) has been shown in research to be one of the reasons we prematurely age, taking adequate easily-absorbed protein will help to delay muscle shrinkage, and therefore keep you younger. This is especially true as digestive function decreases with aging so nutrients are not absorbed as well.

Do you get enough protein?

According to Dietitians of Canada, women require a minimum of 46 grams of protein per day, and men require at least 56 grams of protein per day. However, your body dictates how much protein is needed by your activity level so you may need substantially more than that. Protein requirements for athletes range from 1.2 to 1.7 grams per kilogram of body weight per day...

For a typical male athlete weighing 80 kilograms (176 pounds), 96 grams to 136 grams of protein daily would be needed. To understand how much this is, a 3-ounce (85 gram) serving of meat, fish or poultry has about 21 grams of protein (there are many other substances in meat, fish and poultry that are not protein). Enerex **Raw Phyto Proteins** has 22 grams of protein per 28 gram serving (a 28 gram serving equals 2 tablespoons or 1 ounce).

Very physically active people and those who have a hectic lifestyle may find it difficult to eat enough protein, and so have imbalances in your protein intake compared to the amount of carbohydrates and fats you eat. If you skip meals, avoid certain protein-rich foods due to intolerances or dislikes, are dieting or recovering from illness, or eating processed foods with poor nutritional quality, you may be low.

Signs of protein deficiency

Some physical symptoms that could potentially be related to lack of protein include constant cravings (for sugar, processed carbs, caffeine), muscle and joint pain and weakness. ...

Other signs include reduced sleep quality, moodiness and lethargy, inability to concentrate, and low energy. Continued protein malnutrition can lead to unexpected weight loss, anemia, thinning hair, a weak immune system, slow wound healing, and poor muscle tone and strength.

Taking a high quality protein supplement can fill in the nutritional void.

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How do you pick your proteins?

Enerex Raw Phyto Proteins synergistic blend packs 22 grams of complete protein into each serving, including all essential amino acids and branched chain amino acids. (See “What are amino acids?”) Raw Phyto Proteins also contains a full spectrum of whole food vitamins, minerals, enzymes, essential fats and phytonutrients, in addition to beneficial prebiotics and soluble fibre for digestive health.

What are amino acids?

You have heard of them, especially if you drink protein shakes or you frequent natural food stores. But how do amino acids work, and which ones should you be getting?

When you eat a protein food, it gets digested in the stomach and intestines and separated into individual amino acids, or protein “building blocks,” becoming small enough to be absorbed into the bloodstream so they can be used by the body. You have 22 different “essential” and “non-essential” amino acids. These amino acids are either: 1. used to build new proteins and muscle in the body or 2. burned as fuel.

All 22 are important for health so you need each one every day.

There are 10 essential amino acids: threonine, histidine, isoleucine, leucine, lysine, methionine, arginine, phenylalanine, tryptophan and valine.

There are 12 non-essential amino acids: alanine, aspartic acid, cysteine, cystine, glutamic acid, glutamine, glycine, hydroxyproline, proline, serine and tyrosine. (The term “non-essential,” meaning the body can make them without getting them directly from food, is very misleading since all amino acids are essential for metabolism.)

What are branched chain amino acids?

Branched chain amino acids (BCAAs) are the three essential amino acids called leucine, isoleucine and valine. BCAAs are important for active individuals and athletes because they are metabolized in the muscle, rather than in the liver where most amino acids are processed.

BCAAs are parts of protein used as fuel, and when the stores are used up, the body tears down lean muscle (the same muscle you may be training hard to develop) to get more BCAAs for fuel. These amino acids have far reaching effects including building and

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repairing tissue and enabling your brain to function. **Enerex Raw Phyto Proteins** has all three BCAAs.

Enerex's potent, pure protein blend.

INGREDIENTS

EACH 28 g SERVING:

Raw Vegan Superfood Protein Blend Containing: (25,242 mg)

Organic Raw Bio-fermented Sprouted Whole Grain Brown Rice	22,742 mg
Organic Raw Savi Seed (Sacha Inchi)	1388 mg
Organic Raw Hemp Seed	278 mg
Organic Raw Chia Seed	278 mg
Organic Raw Sprouted Quinoa	278 mg
Organic Raw Spirulina	278 mg

Prebiotic & Soluble Fibre Blend Containing: (1664 mg)

Organic Agave Inulin	832 mg
Organic Guar Gum	832 mg
Natural Vanilla (flavour)	1000 mg
Luo Han Guo Extract (flavour)	95 mg

* There are no other ingredients added to this formula.

FEATURES

Confused by all of the different types of protein supplements?

There are many forms of protein now featured in powdered supplements. Each protein source has its own properties, but plant-based proteins offer advantages that animal sources (such as whey) can't. Each type of plant protein also has unique benefits, so it's good to combine them.

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Some types of plant protein, however, may produce intolerances or low-grade allergies in the body (such as soy and pea) so it is important to read labels before buying.

Here is an in-depth look at the types of protein that Enerex has carefully chosen for its **Raw Phyto Proteins**.

Organic Brown Rice Protein

Enerex uses 80% protein-content Organic Certified, Raw, Sprouted Brown Rice Protein. Brown Rice Protein is the least allergenic of all protein sources so it is ideal for those who cannot tolerate dairy (whey), soy or gluten, and need more protein in their diet.

It's also rich in iron and magnesium, several vitamins and fibre, and also adds healthy whole grains to the diet. If the protein content of brown rice is extracted without any artificial elements (such as solvents and chemicals) then these nutrients remain relatively intact. Sprouting raw grains increases their protein and nutrient content.

Brown Rice Protein contains 10 essential amino acids — although it does not have as much protein as animal sources, it has clinically been shown to be as beneficial as whey protein isolate at building muscle and helping the body to recover after exercise.

Brown Rice Protein is rich in the amino acid threonine. Threonine helps reduce the risk of injury and boosts strength because it aids connective tissue and muscle.

It also has the amino acid arginine that regulates hormones and improves circulation, which means that oxygenated blood can be transported more easily, improving your recovery after a workout. Arginine also helps remove metabolic waste that accumulates during a strenuous workout. Research shows that it can help with strength and muscle gains when eaten after exercise.

Brown Rice Protein can also aid in weight loss. Like all proteins, Brown Rice Protein has a “thermogenic” effect, meaning that it creates heat in the body during the digestion process. Since proteins take a lot of energy to digest, you burn more calories when eating a meal high in protein. Up to 30% of protein's calories get burned through its own digestion. Brown Rice Protein is not only very low-fat and low-calorie, studies indicate that it may help to reduce fat and cholesterol.

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Enerex's Whole Grain Brown Rice protein is "bio-fermented." Most grain protein products use chemical, heat, and/or cold extraction processes, which result in difficult-to-digest, unbalanced protein. Our natural bio-fermentation process combines the endosperm and bran (the parts where most of the nutrients are held) from Sprouted Whole Grain Brown Rice that is certified organic and raw, and it doesn't use heat or chemicals. The result: increased essential and non-essential amino acids, a more balanced, natural range of amino acids, and much better nutrient absorption.

Organic Hemp Protein

Hemp foods come from the same species as marijuana (*Cannabis sativa L.*), but from a variety that contains no THC (tetrahydrocannabinol), the chemical that triggers marijuana's psychoactivity. Hemp seeds are considered a superior form of complete protein.

This means that Hemp Seeds include all 10 essential amino acids that make protein, including all three branched-chain amino acids), and therefore they offer similar protein to meat, but in a more alkalizing form (unlike the acidity in meat). This alkalinity improves recovery time when training because it helps reduce the inflammation resulting from exercise. Being a complete protein, Hemp is an excellent protein source for vegans.

Much of Hemp's protein is made up of edestin, a type of complete protein found only in Hemp seeds. This makes it a superior source because edestin is similar to protein found in the human body so is perfectly suited to meet the body's needs such as DNA repair. Since this protein resembles that found in human blood, Hemp is more easily assimilated (absorbed and used by the body) than other forms of plant protein. Hemp also has albumin, another high quality complete protein (also found in egg whites).

Hemp is also a very good source of omega-3 and omega-6 essential fatty acids (EFAs) that decrease inflammation. It is high in fibre and many vitamins and minerals, antioxidants and chlorophyll. Hemp has enzymes, which are not present in meat, and these enzymes help to digest foods.

Hawaiian Spirulina

Hawaiian Spirulina is the ocean's most well-known blue-green algae because it is one of the most nutritious foods known. It contains up to 65% digestible protein, which is among the highest of any plant.

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Spirulina has been used since ancient times for a variety of health benefits. Spirulina, or blue green algae, is blue because of phycocyanin and green because of chlorophyll (stored sunlight). The blue has been shown to help the nervous system and brain, and to produce new stem cells in bone marrow. The intense green is called “the green blood of plants” (the hemoglobin of our red blood cells and the chlorophyll of plants are almost identical in molecular structure). Chlorophyll is a powerful blood cleanser, blood builder, and oxygen booster. Spirulina’s high chlorophyll helps reduce inflammation after exercise, which increases muscle function and endurance.

Spirulina is also a great source of vitamin B12 and B-Complex vitamins; it contains 10 times more beta carotene than carrots; it has the beneficial omega-6 fatty acid called gamma-linolenic acid (GLA), vitamin E, and numerous minerals. One of nature’s most perfect foods, it is said to be good for everything from skin conditions to arthritis.

Organic Savi Seed (Sacha Inchi)

Savi Seeds are the fruit of the Sacha Inchi vine that produces star-shaped pods which yield Savi Seeds. Savi Seeds, or Sacha Inchi Seeds, are the richest plant source of omega-3 fats on Earth; they are said to have 17 times more omega-3 per ounce than salmon (they have 7000 milligrams of omega-3 per ounce, but do not have DHA and EPA, two types found in fish).

Savi Seeds are packed with protein. Savi provides 8 grams of "complete" protein per ounce, which is more than most nuts and seeds (more than Chia and Flax, for example, but less than Hemp). It has 5 grams of fibre per ounce, which is high (however, Chia provides 10 grams of fibre).

Savi tastes and looks somewhat like a nut, but it’s not a nut so is safe for those with allergies or intolerances. These “Inca peanuts,” grown and eaten in Peru for centuries and used by the Incas over 3000 years ago, are used today in soups and sauces. Savi is also used externally by Peruvians as a rejuvenating cream applied to the skin.

Organic Chia Seed

The tiny superfood Chia Seeds gave Chia Pets their lush “coat” a few decades ago, but they are now revered for their healthy omega-3 fats, protein and fibre that can help humans have lush hair and healthy skin.

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Chia Seeds, which are white or black, come from the mint family, and are native to Mexico and Guatemala. They were food for the Aztecs, who, according to historical documents, considered Chia more valuable than gold.

Although research on health effects only began in the 1990s, evidence of Chia Seeds' benefits includes

- boosting energy,
- stabilizing blood sugar,
- aiding digestion and
- lowering cholesterol.
- they may help to prevent diabetes because of their ability to slow down digestion; the gelatinous coating created when they are wet prevents blood sugar spikes.

Chia Seeds are important for bone health and tissue repair because they contain calcium, manganese and phosphorus. They offer 18 percent of the recommended daily intake for calcium per ounce (28 grams), or as much calcium as a half-cup of milk. They are very high in fibre; a one ounce serving has 11 grams of fibre (more than twice the fibre of a cup of oatmeal). There are almost five grams of omega-3 in a one-ounce serving, with three to ten times the oil concentrations of most grains. (One serving has five times the omega-3 of ¼ cup of walnuts.)

But what about protein? A one ounce (28-gram) serving of Chia Seeds has 4.4 grams of protein, about 10 percent of the daily intake, with all 10 essential amino acids. The amino acid tryptophan (well-known because it is found in turkey) is also found in Chia Seeds, and helps improve sleep and moods.

Chia also has antioxidants similar to blueberries and other blue-red fruits. It has impressive levels of four powerful antioxidants including quercetin, kaempferol, chlorogenic acid, and caffeic acid.

The "slimey" outer husk of the Chia Seed contains one of its best-known athletic benefits. It is hydrophilic, meaning it draws in fluid. When mixed in water, Chia Seeds can absorb 10 times their weight in fluid, making them an excellent way to pre-hydrate and prolong hydration during intense training. They are tasteless so are easily added to other flavours to increase nutrition.

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Organic Sprouted Quinoa

Quinoa is from the same family as Swiss chard and beets. Since Quinoa is not a true grain, it is therefore nutritionally superior to grains. Quinoa was eaten in 3000 BC in South America, when hundreds of varieties were grown. It increased the stamina of Inca warriors because it is high protein and minerals.

While most grains are not total protein sources because they don't have enough of the amino acids lysine and isoleucine, Quinoa has both, and is considered a complete protein. Quinoa's protein content ranges from 12 to 18 percent of its total. One 3.5 ounce (100 gram) serving provides 14 grams of protein. Sprouting increases its protein and other nutrients even more.

While grains don't have much healthy fats, Quinoa has heart healthy monounsaturated fat and ALA, the omega-3 fat associated that reduces inflammation. Quinoa is also an excellent source of fibre (both soluble and non-soluble fibre). Quinoa is high in the minerals phosphorus, iron, copper, manganese, magnesium, and zinc. Quinoa also has lots of folic acid and vitamin E.

It is high in antioxidants (super nutrients that fight free radicals and disease) called ferulic, coumaric, quercetin and kaempferol. Anti-inflammatory components in Quinoa (arabinans and rhamnogalacturonans) are top health promoters, as are the lignans in Quinoa such as enterolactone, which is believed to protect against breast and other hormone-dependent cancers and heart disease.

Quinoa rarely caused intolerances because it is better digested than grains and has no gluten. Quinoa is very low on the glycemic index, meaning that it will not cause blood sugar levels to spike, and it provides a sustained feeling of fullness.

Organic Agave Inulin

Agave is a succulent (although sometimes mistakenly referred to a cactus) with thick, fleshy leaves that grow in Mexico and Southwestern US. It was a major staple of indigenous Americans, used for its meat, as a drink, and to make clothing. Agave is best known now for its nectar (or syrup), a low-glycemic sweetener made from sap that is sweeter than sugar. But Agave is also high in Inulin.

What is Inulin? Inulins are naturally occurring substances produced by many plants (agave, garlic, bananas, asparagus, chicory), and are a type of dietary fibre. The Inulin

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found in roots or rhizomes is used by plants that don't have starch to store energy. Inulin is a soluble fibre, which dissolves in water to form a gelatinous material.

Research shows that soluble fibres may help lower cholesterol and glucose levels and be good for the heart. Because normal digestion does not break Inulin down into sugars like it does other carbohydrates, it does not raise blood sugar and so may be helpful for diabetics.

Inulin also stimulates the growth of good bacteria in the gut; it helps probiotic supplements to work better because these good bacteria have to survive very challenging conditions in the gastrointestinal tract before they are able to grow and flourish in the gut. Inulin helps to protect them.

Organic Guar Gum

Guar Gum is a soluble fibre from the seed of the guar plant from India. It's made into a flour-like substance best known as a thickening or binding agent in foods and beverages, but it has substantial health benefits.

Guar Gum is used for treating gastrointestinal disorders and increasing friendly bacteria. According to research published in *Nutrition* journal in 2003, Guar Gum provides the same benefits associated with other dietary soluble fibre. This includes increasing production of Bifidobacterium (good bacteria) in the gut, relieving constipation and diarrhea, and reducing symptoms of irritable bowel syndrome. It normalizes the moisture content of the stool, absorbing excess liquid in diarrhea and softening the stool in constipation. (*Nutrition*. 2003 Jun;19(6):549-52. "Guar gum: clinical nutrition uses." Slavin JL, Department of Food Science and Nutrition, U. of Minnesota)

It is also used to treat high cholesterol — it might help decrease the amount of cholesterol and glucose that is absorbed in the stomach and intestines. Since Guar Gum expands in the intestines when moisture is introduced, it causes a sense of fullness which may decrease appetite to aid weight loss.

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FLAVOURS

Organic-Compliant Natural Vanilla

For intense vanilla flavour, **Enerex Raw Phyto Proteins** adds pure vanilla powder from vanilla beans harvested from an organic compliant plantation. Vanilla has several health promoting antioxidants, and has been used to increase sexual response.

Organic Raspberry, and Banana Extracts

These natural fruit extracts from certified organic apples, raspberries and bananas have been taken without the use of chemicals. They retain their full delicious flavours, and offer added antioxidants and other nutrients.

Organic-Compliant Luo Han Guo Extract

Luo Han Guo (Monk Fruit) is a natural zero-calorie sweetener that does not stimulate fat storage or elevate insulin/blood sugar levels.

Lo Han Guo isn't sweet due to natural sugars; it contains a type of antioxidant called mogroside that provides a level of sweetness over 200 times greater than table sugar. This antioxidant is also being researched for cancer and diabetes treatment. With zero calories and zero glycemic impact, it's safe for diabetics and hypoglycemics. **Enerex Raw Phyto Proteins** uses it as a sweetener. Enerex's extract from Monk Fruit is produced without the use of chemicals.

AILMENTS

Blood Sugar Management

Enerex Raw Phyto Proteins' organic certified, raw plant-based blend is perfect to supplement meals and have as between-meal snacks to balance blood sugar and reduce insulin spikes. It is well known that protein balances blood glucose: this vegan formula provides 22 grams of complete protein per serving including all essential amino acids. It offers Sprouted, Whole Brown Rice Protein and low glycemic Organic Quinoa, Raw Chia Seeds, which are known to balance blood sugar, Agave Inulin, a type of fibre that helps slow sugar absorption, protein-rich Organic Hemp and Savi Seeds, and super alkaline protein from Spirulina.

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Protein

Develop strength and delay aging with **Enerex Raw Phyto Proteins'** raw plant-based protein blend with no additives. It provides 22 grams of complete protein per serving including all essential amino acids and branched chain amino acids. It offers Organic Sprouted Whole Brown Rice that has 80% protein-content, Organic Raw Quinoa and Chia Seeds that are complete proteins packed with minerals, Raw Savi Seed that provides more protein than most nuts and seeds, Raw Hemp Seeds rich in all essential amino acids and good fats; and supergreen Spirulina with 65% protein content.

Strength & Body Building

Enerex Raw Phyto Proteins' raw, organic certified, plant-based blend provides 22 grams of complete protein per serving including all essential amino acids. It provides:

- specific amino acids that boost strength,
- improve post-workout circulation, and
- help muscle gains.

It features Certified Organic Sprouted Whole Brown Rice Protein — shown to be as beneficial as whey protein isolate at building muscle and helping the body to recover, but in allergy-free plant form.

It has alkaline proteins like Organic Hemp Seeds and Spirulina that improve recovery and increase muscle function because they reduce inflammation resulting from exercise. It offers protein and mineral-rich Organic Quinoa, Raw Savi Seeds and Chia Seeds.

This clean formula does not have additives, preservatives, sugar/cane juice/stevia, salt, caffeine, GMOs, herbicides/pesticides, gluten, whey, soy or pea ingredients.

PACKAGING

Why should you care about Enerex Raw Phyto Protein's bottle? We chose this packaging because it protects the product and the planet.

Enerex products are housed in recyclable BPA-free PETE plastic containers to provide the best protection against oxidation, moisture, sunlight, and "chemical migration" from container to product (so the supplements don't acquire toxins from the plastic). In all of these areas, PETE is

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virtually equal to that of glass but without the larger environmental footprint left by glass packaging (it's very heavy to transport, using more fossil fuel).

PETE plastic is far superior to that of HDPE plastic: HDPE plastic is used for the majority of products on the market, but unlike more costly PETE bottles, HDPE plastic starts to immediately degrade the product inside because it doesn't provide a protective barrier to oxygen or moisture. Studies show high concentrations of chemicals that have migrated from HDPE bottles to the product inside compared to PETE and glass bottles.

TESTIMONIALS

Please leave a testimonial if you really like this product.

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