

# Absomeal Vegan Vanilla



## Clinical Applications

- Supports Healthy Body Composition\*
- Supports Immune Health\*
- Supports Post-Exercise Recovery\*
- Supports Healthy Glucose Metabolism\*
- Supports Gastrointestinal Health\*
- Contributes to Macro-Nutrition\*

**Absomeal Vegan** is an easy-to-mix functional food for vegans, individuals sensitive or allergic to soy and/or dairy, or anyone seeking an alternative source of quality protein. Absomeal Vegan features Vegan Protein Blend, an all-natural rice and pea protein blend.

All Absolute Health Formulas Meet or Exceed cGMP Quality Standards

## Discussion

Absomeal Vegan is Absolute Health's proprietary blend of pea protein isolate and rice protein concentrate, L-glutamine, glycine, and taurine. Also added is Aminogen™—a patented, natural, plant-derived enzyme system clinically proven to increase protein digestibility and amino acid absorption.<sup>1</sup> Its action boosts nitrogen retention, aids in the synthesis of muscle mass and strength, and promotes deep muscle recovery.

The non-genetically modified (non-GMO), highly digestible pea protein isolate in Vegan Protein Blend is naturally obtained by simple water extraction, keeping all the nutritional qualities intact. Its 90% protein content features a well-balanced amino acid profile, including a high content of lysine, arginine, and branched-chain amino acids to help maintain lean body mass and reduce body fat.<sup>2</sup> Pea protein has the highest lysine concentration (7.2%) of all vegetable-based proteins and the highest arginine concentration (8.7%) among all commercially available proteins. The combination of pea protein and rice protein achieves an amino acid score of 100%.

**Fructose Free** Absomeal Vegan contains evaporated cane juice and stevia in place of fructose. Animal and human research suggests that consuming fructose-containing beverages increases visceral adiposity.<sup>3,4</sup>

**Glutamine**, crucial in nitrogen metabolism, is important for replenishing amino acid stores, especially after exercise or stress.<sup>5</sup> This amino acid aids in intestinal cell proliferation, thereby preserving gut barrier function and intestinal health.

**Glycine**, an inhibitory (calming) neurotransmitter, is vital as a constituent of collagen and a building block for other substances, such as coenzyme-A, nucleic acids, creatine phosphate, purines, bile, and other amino acids.\*

**Taurine**, a derivative of sulfur-containing cysteine, has many healthful clinical applications, including the support of stable cell membranes, cardiovascular health, glucose tolerance, detoxification, and bile salt synthesis.<sup>6</sup>

**Fiber Blend (inulin from non-GMO chicory, beta glucans, oat fiber, and corn bran)** Absomeal Vegan provides 6 g of fiber per serving. These fibers favorably affect serum lipids, healthy intestinal flora, the formation of short-chain fatty acids, and glucose tolerance.<sup>7</sup> Beta glucans and lignins impact the binding of bile acids and support the maintenance of healthy cholesterol levels already within the normal range.<sup>8</sup> Beta glucans may also offset stress to the immune system caused by intense exercise.<sup>9</sup>

**Satisfaction: An Added Benefit of Increasing Protein Intake** Signals that originate from the gut—in response to mechanical (gastric distention) and chemical changes that occur after the ingestion of food—let us know when we've had enough to eat. Among the macronutrients in food, proteins have been identified as having the greatest impact in this regard. Thus, the effect of consuming high-protein foods has been observed not only to yield a strong feeling of satisfaction immediately after intake but also to support a lower food intake during a subsequent meal.<sup>10</sup>

It is possible that not all proteins afford the same degree of satiety. A study on human and rat duodenal biopsies demonstrated that exposure to pea protein resulted in the release of the greatest amount of cholecystokinin (CCK) and glucagon-like peptide 1.<sup>11</sup> These gastrointestinal hormones modulate appetite sensations.

\*These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

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Absomeal Vegan Vanilla



# Vanilla

## Nutrition Facts

Serving Size 2 Scoops (about 43g)  
Servings Per Container About 14

**Amount Per Serving**  
**Calories 150**      **Calories From Fat 40**

	% Daily Value*
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 1g	<b>5%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Potassium</b> 330mg	<b>9%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 8g	<b>32%</b>
Sugars 6g	
<b>Protein</b> 17g	<b>34%</b>

Calcium 4%      •      Iron 25%

Not a significant source of trans fat, cholesterol, vitamin A, or vitamin C.

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

**INGREDIENTS:** ProVeggie Fusion (Absolute Health's proprietary blend of pea protein concentrate, pea protein isolate, glycine, taurine, rice protein concentrate, and L-glutamine), dried cane syrup, fiber complex (inulin (from chicory) and oat fiber), cocoa powder, sunflower oil, natural flavors (no MSG), cellulose gum, xanthan gum, medium-chain triglycerides oil, tripotassium citrate, Aminogen® (proprietary plant enzyme blend), guar gum, stevia leaf extract, and silica.

 Aminogen® is a registered trademark of TriCor Industries. Aminogen® is protected under U.S. patent 5,387,422.

## Directions

Mix two scoops (43 g) in 8-12 oz cold water and consume. Adjust amount of water according to thickness desired. May be used as a snack, a "rescue" food, an occasional meal replacement, or as directed by your healthcare practitioner.†

Consult your healthcare practitioner prior to use. Individuals taking medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged.

## Does Not Contain

Wheat, gluten, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives

## Typical Amino Acid Profile Per Serving:

Alanine	798 mg
Arginine	1,600 mg
Aspartic Acid	2,156 mg
Cysteine	176 mg
Glutamic Acid	3,244 mg
Glycine	2,762 mg
Histidine	462 mg
Isoleucine	857 mg
Leucine	1,562 mg
Lysine	1,351 mg
Methionine	197 mg
Phenylalanine	1,014 mg
Proline	810 mg
Serine	992 mg
Taurine	500 mg
Threonine	697 mg
Tryptophan	183 mg
Tyrosine	710 mg
Valine	931 mg



## References

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