

Keto-Alkaline Protein Shake

Discussion

Keto-Alkaline Protein Shake is now sweetened with a natural, high-potency sweetener extracted from monk fruit. This generally recognized as safe (GRAS) monk-fruit extract offers a high-quality sweetness and flavor without the bitter aftertaste associated with some natural sweeteners.

Protein Metabolism

Vegan Protein Blend is VidaPura's proprietary blend of pea protein isolate and rice protein concentrate, L-glutamine, glycine, and taurine. Generation of glutathione and sulfation cofactors—vital for phase II conjugation—requires an array of amino acids. The combination of pea protein and rice protein, containing a complement of amino acids, achieves an amino acid score of 100%. Glutamine, a conditionally essential and versatile amino acid with two nitrogen moieties, is crucial to nitrogen metabolism and helps maintain healthy liver tissue and function.^[1,2] The amino acid glycine is needed for bile synthesis, phase II detoxification, and glutathione production. Taurine, a derivative of the sulfur-containing amino acid cysteine, is also important for synthesis of bile salts and helps stabilize cell membranes.*

Gastrointestinal Support

Ginger root, included to support healthy digestion such as the release of bile from the gallbladder, acts at several sites to moderate PGE(2) production and support the normal response to inflammation.^[3] Fiber (from inulin and flaxseeds) supports production of short-chain fatty acids as well as a healthy intestinal flora.

MeadowPure™, an organic flaxseed complex, possesses excellent oxidative stability, supports antioxidant activity, and provides lignins, soluble fiber, and omega-3 and omega-6 essential fatty acids.^[4] **Glutamine** plays a key role in healthy intestinal cell proliferation and gut barrier integrity, immune function, and normal tissue healing.*^[1,2]

Detoxification Support

Ellagic acid (from pomegranate extract) prevents over-induction of CYP1A enzymes, works at the gene level to induce synthesis of glutathione-S-transferases and other phase II activities, binds directly to toxins, and protects DNA and hepatocytes.^[5,6] **Watercress** is a rich source of beta-phenylethyl isothiocyanate (PEITC)—a versatile compound found to inhibit phase I enzymes and induce the phase II enzymes associated with biotransformation and excretion of toxins. Watercress has been found to contain even stronger phase II inducers known as 7-methylsulfinylheptyl and 8-methylsulfinyloctyl isothiocyanates as well.^[7,8] **Green tea catechins** not only support antioxidant activity but also appear to act as modulators of phase I and phase II detoxification.^[9] **Choline** is present to support lipid metabolism in the liver and can be converted to betaine, a methyl donor.*^[10]

The active, bioavailable form of **B vitamins** (pyridoxal-5'-phosphate (B6), 5-methyltetrahydrofolate (folate), methylcobalamin (B12)) and glycine all support amino acid conjugation and are vital for the detoxification of xenobiotics and xenoestrogens. 5-methyltetrahydrofolate (5-MTHF), methylcobalamin, betaine, and **methylsulfonylmethane (MSM)** are present to support methylation and detoxification. 5-MTHF supports healthy folate nutrition, especially in individuals with variations in folate metabolism. In Keto-Alkaline Protein Shake, 5-MTHF is provided as Quatrefolic® for enhanced stability, solubility, and bioavailability.*^[11]

Clinical Applications

- Supports Natural Detoxification Mechanisms*
- Supports Gastrointestinal Health*
- Supports a Balanced Cytokine Profile*
- Lactose-Free Vegan Protein*

*Keto-Alkaline Protein Shake is a comprehensive, monk-fruit-extract-sweetened, low-allergy-potential dietary supplement designed to support gastrointestinal (GI) function and balanced detoxification. It features Vegan Protein Blend, VidaPura's proprietary amino acid and pea/rice protein blend; Aminogen®, to facilitate protein absorption; phytonutrients; mineral amino acid chelates; and activated B vitamins, including Quatrefolic® and methylcobalamin. In conjunction with a modified elimination diet, Keto-Alkaline Protein Shake addresses GI and hepatic function as well as eicosanoid balance and cytokine metabolism. This formula is suitable for vegans.**

Preventium®, a patented form of potassium hydrogen d-glucarate, supports glucuronidation. Sulfation is supported by **MSM** and **sodium sulfate**. Acetylation is supported by **d-calcium pantothenate**, pyridoxal-5'-phosphate, and magnesium. Several minerals in Keto-Alkaline Protein Shake are provided as Albion® mineral chelates and TRAACS® mineral amino acid chelates for enhanced gastrointestinal absorption and bioavailability.*^[12]

Antioxidant Support and Cytokine Balance

Bioflavonoids, quercetin, rutin, and curcumin support antioxidant activity, counter free radicals, and support healthy eicosanoid and cytokine metabolism.^[13,14] Curcumin has a long history of use for its support of a normal, healthy response to inflammation.^[15] **N-acetylcysteine (NAC)** stimulates glutathione synthesis, enhances glutathione-S-transferase activity, and promotes detoxification.^[16] **Selenium glycinate** provides support for glutathione metabolism and antioxidant protection.*

Keto-Alkaline Protein Shake

the girlfriend doctor
DR. ANNA CABECA

Vanilla Delight Sugar- & Stevia-Free† Supplement Facts

Serving Size: 2 Scoops (about 53 g)

Serving Per Container: About 14

	Amount Per Serving	%DV
Calories	210	
Total Fat	8 g	10%†
Saturated Fat	2 g	10%†
Total Carbohydrate	10 g	4%†
Dietary Fiber	4 g	14%†
Protein (from Pea Protein Isolate and Rice Protein Concentrate)	26 g	
Vitamin A (as natural beta-carotene)	750 mcg	83%
Vitamin C (as sodium ascorbate)	250 mg	278%
Thiamin (as thiamine HCl)	15 mg	1250%
Riboflavin (as riboflavin 5'-phosphate sodium)	5 mg	385%
Niacin (as niacinamide and niacin)	40 mg	250%
Vitamin B6 (as pyridoxal 5'-phosphate)	5 mg	294%
Folate (as [6S]-5-methyltetrahydrofolate, glucosamine salt) ^{S1}	200 mcg DFE	50%
Vitamin B12 (as methylcobalamin)	50 mcg	2083%
Biotin	150 mcg	500%
Pantothenic Acid (as d-calcium pantothenate)	35 mg	700%
Choline (as choline bitartrate)	100 mg	18%
Calcium (as dicalcium malate ^{S2} and ingredients with naturally occurring calcium)	225 mg	17%
Iron (naturally occurring)	5 mg	28%
Iodine (as potassium iodide)	60 mcg	40%
Magnesium (as di-magnesium malate) ^{S2}	140 mg	33%
Zinc (as zinc bisglycinate chelate) ^{S2}	10 mg	91%
Selenium (as selenium glycinate complex) ^{S2}	100 mcg	182%
Manganese (as manganese bisglycinate chelate) ^{S2}	2 mg	87%
Chromium (as chromium nicotinate glycinate chelate) ^{S2}	60 mcg	171%

† Percent Daily Values (DV) are based on a 2,000 calorie diet.

** Daily Value not established

	Amount Per Serving	%DV
Molybdenum (as molybdenum glycinate chelate) ^{S2}	35 mcg	78%
Sodium (from ingredients with naturally occurring sodium, sodium sulfate anhydrous, and sodium ascorbate)	560 mg	24%
Potassium (from tripotassium citrate and ingredients with naturally occurring potassium)	455 mg	10%
Stabilized Flaxseed	5.6 g	**
Typical Alpha-Linolenic Acid Content	1.28 g	**
Typical Linoleic Acid Content	392 mg	**
Pomegranate Extract (<i>Punica granatum</i>) (hull)(40% ellagic acid)	400 mg	**
Betaine Anhydrous (trimethylglycine)	250 mg	**
Lemon Bioflavonoid Complex (<i>Citrus x limon</i>) (fruit peel)(25% bioflavonoids)	250 mg	**
Quercetin (as quercetin dihydrate from <i>Dimorphandra mollis</i>)(pod)	250 mg	**
Potassium d-glucarate ^{S3}	250 mg	**
Rutin (from <i>Sophora japonica</i>)(bud)	200 mg	**
Turmeric Extract (<i>Curcuma longa</i>)(rhizome) (95% total curcuminoids complex, including curcumin curcuminoids, and volatile oils)(86% curcuminoids) (65% curcumin) ^{S4}	200 mg	**
N-Acetyl-L-Cysteine	150 mg	**
Ginger (<i>Zingiber officinale</i>)(rhizome)	150 mg	**
Methylsulfonylmethane (MSM)	120 mg	**
Sodium Sulfate Anhydrous	100 mg	**
Watercress (<i>Nasturtium officinale</i>)(aerial parts)	100 mg	**
Green Tea Aqueous Extract (<i>Camellia sinensis</i>)(leaf) (80% polyphenols, 60% catechins, 30% EGCG, 6% caffeine)	82 mg	**

Other Ingredients: Sunflower oil, natural flavors (no MSG), medium-chain triglyceride oil, taurine, glycine, cellulose gum, xanthan gum, fungal proteases^{S5}, L-glutamine, monk fruit extract, guar gum, and silica.

DIRECTIONS: Blend, shake, or briskly stir 2 level scoops (53 g) into 10-12 ounces chilled, pure water (or mix amount for desired thickness) and consume once daily, or use as directed by your healthcare professional.

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

FORMULATED TO EXCLUDE: Wheat, gluten, yeast, soy, animal and dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, and artificial preservatives.



S1. Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under US Patent 7,947,662.



S2. Albion®, DimaCal®, TRAACS®, and the Albion Gold Medallion® are registered trademarks of Albion Laboratories, Inc. Malates covered by US patent 6,706,904.

S3. Preventium® is a registered trademark of Applied Food Sciences, LLC. (US patents 4,845,123, 5,364,644, 5,561,160).

S4. BCM-95® is a registered trademark of DoCoS Biotech, Ltd. Protected under US patents 7,883,728; 7,736,679; and 7,879,373.



S5. AMINOGEN® is a registered trademark of Innophos Nutrition, Inc. AMINOGEN® is protected under U.S. patent 5,387,422.

Typical Amino Acid Profile Per Serving:

Alanine	1,280 mg	Methionine	330 mg
Arginine	2,580 mg	Phenylalanine	1,630 mg
Aspartic Acid	3,400 mg	Proline	1,340 mg
Cysteine	300 mg	Serine	1,570 mg
Glutamic Acid	4,990 mg	Threonine	1,160 mg
Glycine	1,720 mg	Taurine	500 mg
Histidine	740 mg	Tryptophan	300 mg
Isoleucine	1,330 mg	Tyrosine	1,130 mg
Leucine	2,490 mg	Valine	1,490 mg
Lysine	2,120 mg		

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Additional references available upon request