



Soaring Free  
POTENT PROTEIN

# Functional Protein Smoothies



HEMP  
PROTEIN

with  
BCAAs

43%  
PROTEIN

70%  
SUPERFOODS

A SMOOTHIE FOR EVERY MOOD

## Your quick guide: All you need to know about protein

We most often talk about protein when we're referring to our physique, whether it is on a conscious or subconscious level. This is because we associate protein with muscle mass and fitness.

Most of us understand what protein is and why we need it, but very few of us really understand how much we need and what types of protein are good for us.

And yes, there are different types of protein that can have very different effects on our bodies, with some being less effective and actually more harmful than others.

Let's look at the basics of protein so that we can understand how it affects our bodies, and choose the cleanest, most effective protein sources to deeply nourish our bodies on the most essential cellular level.

## What's the fuss about protein

In short, protein helps replace worn-out cells, transports various substances throughout the body, and aids in muscle growth and tissue repair.

Basically our bodies need protein and amino acids to produce important molecules in our body – like enzymes, hormones, neurotransmitters, and antibodies – and without an effective protein source or adequate protein intake, our bodies can't function as well as they should.

You see, protein is made up of amino acids. There are 20 different amino acids and these are bonded together to form a protein molecule. They are essential for the body's vital functions and they are categorised into three types: essential ami-



**ESSENTIAL AMINO ACIDS:** our bodies cannot make these and we rely on dietary sources

**CONDITIONALLY ESSENTIAL AMINO ACIDS:** our bodies may not always be able to make as much as we need of these, for example, when we're stressed or sleep-deprived

**NON-ESSENTIAL AMINO ACIDS:** our bodies can make these

no acids; conditionally essential amino acids; and non-essential amino acids. Some of these our bodies can produce and others we can't, which is why we need to consume them through our food.

It's important to get enough protein with the full spectrum of amino acids since it plays such a vital role in maintaining our bodies functioning. When we digest our food, the protein is broken down into individual amino acids, which is stored in our 'amino acid reservoir' circulating through our bloodstream. Our bloodstream continuously replenishes these amino acids for our cells, providing a fresh supply of amino acids as needed.

## So how much protein do we need?

Well that depends on a few factors like age, weight, how active you are, etc., but the amount of protein you need becomes more complex as you move through the different levels of protein reserves in the body. The levels of protein in the body range between: **optimal**, **baseline** and then **sufficient** (just before you become protein deficient). Protein requirements become much more personal depending on the level you are currently at and are specific to your lifestyle.



**PROTEIN SUFFICIENT INTAKE:** for someone who is not training and weighs 68kg, consuming 0.8g of protein per kg of body weight would work out to 54g of protein per day.

**BASELINE PROTEIN INTAKE:** for someone who is high-intensity training and weighs 68kg, consuming 1.4-2.0g of protein per kg of body weight would work out to 95-135g of protein per day.

**OPTIMAL PROTEIN INTAKE:** you'll need more protein than your baseline protein intake. For your ideal protein intake you may need to consult a healthcare practitioner and fitness coach, as it is very much person dependent. Various factors such as dietary requirements, lifestyle aspects, fitness goals, including your body composition & build, contribute to your unique optimal protein intake.

Apart from eating enough protein to prevent protein deficiency and to allow basic protein synthesis in our bodies (building new proteins), we may need even more protein in our diets for optimal functioning, including good immune function, metabolism, weight management and fitness goals.

In other words, we need a small amount of protein to survive, but we need much more to thrive.

## What super proteins are out there?

Our all-time favourites are hemp protein and brown rice protein. If you're vegetarian, vegan, or prefer any kind of plant-based eating then we highly recommend opting for these two super proteins.

### BROWN RICE PROTEIN

- Hypoallergenic
- Easily digestible
- Packed with antioxidants which remove cell-damaging free radicals
- Fibre rich for feeding your good gut bacteria and maintaining a strong immune system
- High in B vitamins for extra energy

### HEMP PROTEIN

- Easily digestible and enhances bioavailability of nutrients
- Complete protein with all 20 amino acids
- Includes all 9 essential amino acids our bodies cannot produce
- Hypoallergenic
- 65% of hemp seeds is protein
- Fibre rich for gut health & immune support

Hemp protein is made from hemp seeds, is non-psychoactive and considered one of the most versatile and nutrient dense superfoods available. It's so powerful that it's considered the closest alternative to breast milk due to its complex, cholesterol-free, hypoallergenic nutrient profile, and is easy on one's digestive system.

Approximately 65% of the protein in hemp seeds is made up of the globulin protein edestin, the most potent protein of any plant source, which is found only in hemp seeds. Edestin aids digestion, is relatively phosphorus free, and considered to be the backbone of DNA. The other one-third of hemp seed protein is albumin, another high-quality globulin protein similar to that found in egg whites. Hemp protein is free of the trypsin inhibitors that block protein absorption and free of oligosaccharides, which cause stomach discomfort and gas.

## How does hemp compare to other plant proteins?

Well, we need to look at the **complete protein package** to truly give you a better understanding of why hemp protein is superior.

Apart from the above mentioned incredible benefits, hemp is only second to soy, in terms of protein content. However, compared to soy and pea protein it becomes apparent very quickly that hemp outshines hormone-mimicking soy and hard-to-digest pea protein.

Since hemp does not contain trypsin inhibitor enzymes (which soy does) it has a competitive protein advantage, as trypsin assists with protein absorption! What's the point of consuming a plant with high protein content if our bodies can't absorb the protein?

"Pea and soy protein are solvent extracted and heat treated which destroys the protein's integrity. When the integrity is destroyed, protein becomes negatively charged and inhibits absorption into the body."

In addition, soy and pea protein contain oligosaccharides which cause severe digestive and abdominal discomfort. Ever wonder why you bloat after your smoothies or shakes? It could very well be the fact that these two legumes in your protein shakes are causing gas buildup.

Apart from these nutritional profile differences, hemp is also superior in the way that it is 'processed'. Organic, raw hemp is not heated and the oil is cold pressed, whereas soy and pea protein are processed at high heat which destroys the enzyme functions of the protein. Essentially damaging the protein or making it lifeless since it has now lost its essential, natural electrical charge needed to allow the amino acids to be absorbed in the bloodstream! Non-organic hemp powder is also possibly laced with hexane, a volatile solvent and cleaning agent used to extract the oil.



In comparison to hemp, other plant-based protein powders such as soy and pea are highly refined and contain very little fibre.

## Protein checklist

- Steer clear of products that are full of GMOs, preservatives, hormones and chemicals
- Eat a variety of proteins for the full spectrum of amino acids, i.e. diversity in your diet
- If you eat meat make sure you know and trust the source - try to support local farmers who have a nurturing relationship with their land and animals
- When possible opt for wild foods (whether it's meat or vegetables) - they are more potent than commercial foods
- If you eat red meat, do so in moderation - excessive red meat consumption change the composition of your gut microbiome and risk of disease (70% of your immune system is in your gut)

For more in-depth information on clean protein sources and what's important to consider when choosing protein, listen to this [clean protein podcast](#).



## Functional protein smoothies

Food is medicine. Allow your body to be nurtured by nature – eat more of the clean super plants that are nutrient dense, and which serve a specific purpose in your body.

Every meal is an opportunity to enhance your body's functioning and it's as simple as adding some superfood boosters, as supplements, to your daily eating habits.

These functional smoothies have been designed to optimise your protein intake whilst delivering well-balanced nutrition as an easy biohack to transform your body.



## The perfect functional smoothie formula

Smoothies are quick, easy to make and you can easily get all your daily nutrients (phytonutrients, micros and macros) in just one cup. That's why we love them!

Here's a simple formula you can apply to make just about any smoothie taste great, keep you fuller for longer and optimised with nutrients:

- 1-2 portions fruit
- 1 Tbsp nut butter / oil
- 1 portion vegetables
- 1 scoop protein powder
- 1 C liquid
- 1-2 Tbps sweetener
- 1-2 Tbsp superfoods / potent plants with a function
- Handful of ice cubes



## Here are a few options:

### NUT BUTTERS

almond butter, cashew butter, macadamia butter, tahini or hemp butter

### OILS

coconut oil, nut oil, avocado oil, hemp oil

### VEGETABLES

baby spinach, kale, cauliflower, sweet potato

### LIQUIDS

hemp milk, oat milk, nut milk, tea, fresh juice, coconut milk, coconut water or water

### SWEETENERS

coconut blossom nectar (low GI), maple syrup (not maple-flavoured syrup), date syrup or honey



## Functional superfood boosters

Try these optional boosters with any smoothies or meal.

- **½ tsp Ashwagandha powder**  
*an adaptogen that finds and restores stress imbalances*
- **1 tsp Black Maca powder**  
*enhances stamina and sexual virility*
- **1 tsp Yellow Maca powder**  
*hormonal support and combats stress*
- **1 tsp Spirulina powder**  
*for complex vitamin and mineral boost of over 90 vitamins & minerals*
- **1 tsp Camu Camu powder**  
*for immune-boosting vitamin C*
- **1tsp Baobab powder**  
*gut-loving prebiotic and vitamin C to feed your gut immunity*
- **4 capsules Release**  
*mood-enhancing herbs for deep relaxation*
- **4 capsules Euphoria**  
*mood-enhancing herbs for an energetic uplift and emotional elevation*



FOR STAMINA  
& MUSCLE  
RECOVERY

## Fight Fatigue

AFTERNOON SLUMP PICK-ME-UP

FLAVOUR Chocolate Peanut

### INGREDIENTS

- 1 Tbsp peanut butter
- 1 scoop **Soaring Free Plant-Based Protein Superfoods Mix**
- 2 frozen bananas
- 1 C nut milk
- 1 Tbsp Hemp Seeds
- 1 tsp Cacao Powder
- 2 tsp honey



FOR FATIGUE  
& SUSTAINED  
MENTAL  
SUPPORT

## Study Time

INTENSE FOCUS PROTEIN BOOST

FLAVOUR Matcha Espresso

### INGREDIENTS

- 1 Tbsp almond nut butter
- 1 scoop **Soaring Free Plant-Based Protein Superfoods Mix**
- 1 tsp Matcha Powder\*
- 1 shot espresso
- 1 frozen bananas
- 2 dates
- 1 C nut milk



FOR  
METABOLISM,  
INFLAMMATION  
& MUSCLE  
REPAIR

## Post Workout Recovery & Muscle Repair

FLAVOUR Tropical Spirulina Kisses TASTE Tangy & refreshing

### INGREDIENTS

1 Tbsp cashew nut butter  
1 tsp Hemp Seeds  
1 scoop **Soaring Free Plant-Based Protein Superfoods Mix**  
½ tsp Spirulina Powder  
½ frozen banana  
1 C pineapple  
½ C fresh juice (granadilla / tropical / citrus)



FOR  
EMOTIONAL,  
PHYSICAL, SEXUAL  
& MENTAL  
STAMINA

## Pre Workout Energy Kick

FLAVOUR Malt & Chocolate TASTE Bitter Sweet Dark Chocolate

### INGREDIENTS

2 Tbsp brazil nuts or cashew nut butter  
1 scoop **Soaring Free Plant-Based Protein Superfoods Mix**  
1 Tbsp Maca Powder  
2 Tbsp Cacao Powder  
2 capsules Ashwagandha powder  
1 banana  
2 dates  
1 tsp honey  
1 C nut milk



FOR AN  
EMOTIONAL  
PICK-ME-UP &  
FIGHT OFF THE  
BLUES

## Destress & Fight Off the Blues

**FLAVOUR** Papaya, Oat & Honey **TASTE** Sweet & creamy

### INGREDIENTS

2 Tbsp brazil nuts or 1 Tbsp nut butter  
1 scoop **Soaring Free Plant-Based Protein Superfoods Mix**  
½ medium papaya  
¼ tsp Ashwagandha powder (4 capsules)  
1½ C oat milk  
2 Tbsp honey  
4 ice cubes  
Optional - 2 capsules of Euphoria



SOOTHES THE  
NERVOUS  
SYSTEM

## Relax & Restore

ANTI-ANXIETY

**FLAVOUR** Choc Chip Cinnamon **TASTE** Creamy, delicately sweet & soothing

### INGREDIENTS

1 Tbsp nut butter  
1 scoop **Soaring Free Plant-Based Protein Superfoods Mix**  
1 C nut milk  
½ frozen banana  
1 C frozen cauliflower  
2 Tbsp honey  
1 block **CBD chocolate**  
ice cubes  
Release 2 x capsules



RICH IN  
ANTIOXIDANTS  
& VITAMIN C

## Immuno Boost

FIRST THING IN THE MORNING IMMUNE BOOSTER

FLAVOUR Strawberry, Camu & Lime TASTE Sweet & Sour

### INGREDIENTS

2 Tbsp cashew nut butter

1 scoop **Soaring Free Plant-Based Protein Superfoods Mix**

1 tsp **Camu Camu** or Baobab Powder

5 large strawberries

½ lime

1 C nut milk

ice cubes

2 tsp honey



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<https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/protein/#protein-package>

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<https://www.ratical.org/renewables/hempseed1.html>



# Shop the Superfood Pantry

## Performance Protein Powders >>>

A naturally sweet protein blend with BCAA, superfoods & superherbs. That's all. Only the good stuff for a quality source of protein.

Our protein blend is a combination of hemp & brown rice protein, the most digestible & cleanest plant protein sources available for a complete amino acid profile. We added monk fruit for a well-rounded sweetness without the sugar blues!

- 70% SUPER-FOODS
- 43% PROTEIN
- SOURCE OF BCAAs
- NO ADDED SUGAR
- LOW FAT
- WITH ADAPTO-GENIC HERBS
- VEGAN



SHOP CINNAMON PROTEIN POWDER



SHOP CHOCOLATE PROTEIN POWDER

## Functional Superfood Boosters >>>

- VEGAN
- CERTIFIED ORGANIC
- BIODEGRADABLE PACKAGING

### Did you know...

All our superfoods are certified organic or pesticide free! *No pesticides, additives, chemicals or GMOs.*



ASHWAGANDHA



CAMU CAMU



RELEASE



YELLOW MACA



BLACK MACA



EUPHORIA



SPIRULINA



BAOBAB

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