

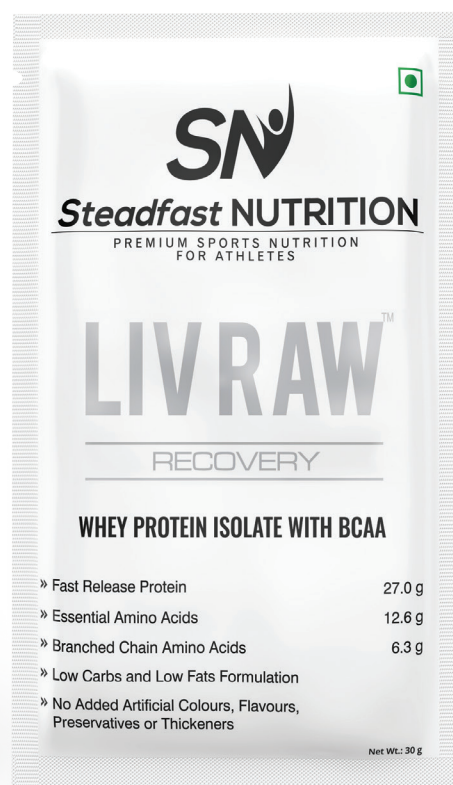


***Steadfast* NUTRITION**

PREMIUM SPORTS NUTRITION

LIV RAWTM

RECOVERY



LIV RAW™ is an unflavoured Whey Protein Isolate (WPI) with the Branched Chain Amino Acids (BCAAs) L-Leucine, L-Isoleucine and L-Valine. The fast releasing protein which provides instant recovery for muscles is perfect to be added in your favourite foods and beverages including smoothies, shakes and baked goods. **LIV RAW™** is low in carbohydrates and fats which makes the formulation an ideal composition to stimulate muscle protein synthesis for better strength and recovery. **LIV RAW™** contains no added artificial colours, flavours, preservatives, thickeners or sweeteners.

HOW IT WORKS?

Whey Protein Isolate (WPI) is the purest form of whey which is readily absorbed and assimilated by the body to provide instant recovery. Once consumed post workout, it provides all the essential amino acids that assist in improving the levels of glutathione, which is an important antioxidant of the body, along with protecting each muscle from any free radical damage.

LIV RAW™ delivers all the essential amino acids including Branched Chain Amino Acids (BCAAs) that are significant in building muscles by stimulating protein synthesis. Any intense workout can drain your muscles and make them prone to damage. Therefore, it is important to provide an adequate amount of protein to them to protect from any such damage and build them stronger. Essential Amino Acids (EAAs) stimulate muscle protein synthesis and play a major role in the recovery and repair of the muscle tissues.

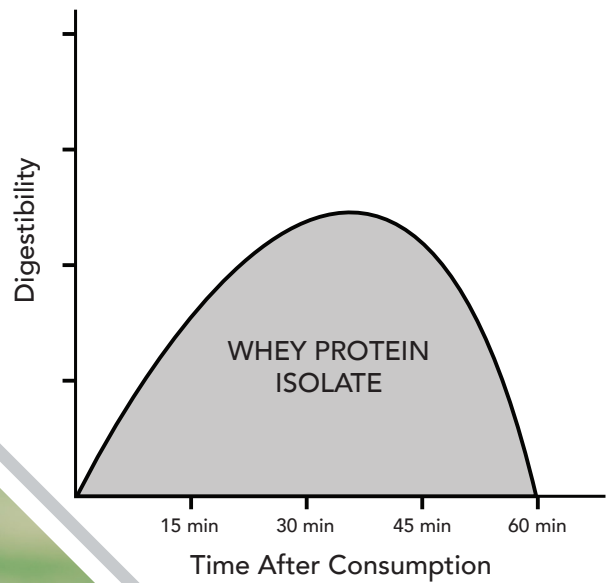
WHAT WILL IT GIVE YOU?

- » WHEY PROTEIN ISOLATE WITH BCAAs
- » FAST RELEASE PROTEIN - 27 G / SERVING
- » ESSENTIAL AMINO ACIDS - 13.6 G
- » BRANCHED CHAIN AMINO ACIDS - 6.3 G
- » GLUTAMIC ACID - 4.5 G
- » NO ADDED ARTIFICIAL COLOURS, FLAVOURS, THICKENERS
- » NO ADDED PRESERVATIVES OR SWEETENERS
- » FSSAI REGULATED FORMULATION

WHEN TO TAKE LIV RAW™?

POST WORKOUT: **LIV RAW™** is best for instant recovery of muscles post workout or intense activities because it focuses on providing fast recovery. The formula offers all the Essential Amino Acids (EAAs) including Branched Chain Amino Acids (BCAAs) that help in stimulating muscle protein synthesis and protects muscular damage.

Dalima Chhibber
Indian Football Player



WHO CAN TAKE LIV RAW™ ?

Any sportsperson and fitness enthusiasts can take **LIV RAW™** depending upon their daily activities.

STRENGTH ATHLETES

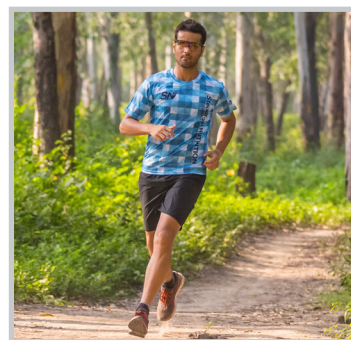
The wear and tear of muscles among this category of athletes is common due to the high and intense training they undergo. The breakdown of muscles that occur in every session is important to be aided with a right and balanced protein intake, which Whey Protein Isolate (WPI) can do best. Post workout is the time for speedy recovery and the muscles demand for fast releasing proteins to receive instant recovery. **LIV RAW™** offers a fast release of amino acids that stimulate muscle protein synthesis and improve the muscle mass.



Dr. Mridula Saikia
Professional
Body Builder

ENDURANCE ATHLETES

Prolonged duration of exercise leads to depletion of stored energy from body in the form of glycogen, which leads the body to target lipids and amino acids as next energy source. Therefore, the right amount of protein post workout will help the body regain the exhausted muscle mass with fast release of amino acids. **LIV RAW™** is a fast releasing protein which supplies the body with all the Essential Amino Acids (EAAs) important to stimulate muscle protein synthesis.



Amandeep Singh
Ultra Runner

FITNESS ENTHUSIASTS

LIV RAW™ is the ultimate product for those looking to gain muscle mass and dedicatedly workout for the same. Since it is a fast digesting protein, this recovery formula provides instant recovery and stimulates muscle protein synthesis.



Akanksha & Radhika
Yoga Trainer

WEIGHT WATCHERS

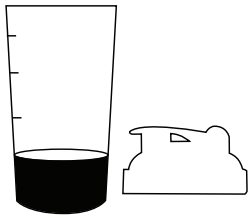
Managing weight in healthy range is all about managing the calorie intake where a balance between both the macro and micro nutrients are important. **LIV RAW™** is a low carbohydrate and low fat formula which provides maximum benefits of protein content. Protein is a macronutrient which keeps you full for longer and adds satiety to the meal, preventing an individual from overeating or binge eating.

Therefore, including **LIV RAW™** can help you manage your weight with a healthy approach.

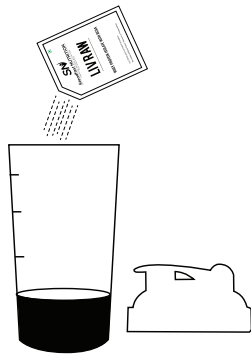


POUR, SHAKE & GULP!

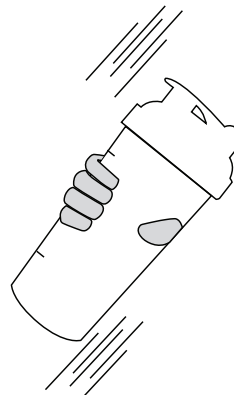
30 g powder to be reconstituted in 200 ml water. Consume 2 servings daily.



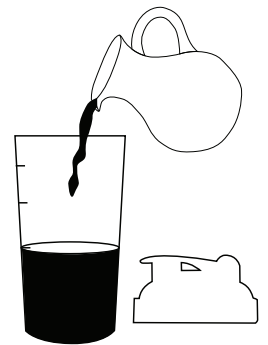
Take 100 ml Water
in a Shaker



Tear off Sachet &
Empty Content into Water



Shake Well



Top off with 100 ml
Water & Shake Again

NUTRITIONAL INFORMATION

NUTRITIONAL FACTS (Approx. Value)

	Unit	Per 100 g	Per Serving 30 g	*% RDA Per 2 Serving
Energy	kcal	377	113.1	8.29%
Protein	g	90	27	90.00%
Total Fat	g	1.0	0.30	2.00%
Saturated Fatty Acids	g	0.6	0.18	**
Carbohydrates	g	2	0.6	**
of which Sugar (Sucrose)***	g	0	0	**
Sodium	mg	180	54	5.14%
L-Leucine	mg	500	150	**
L-Isoleucine	mg	250	75	**
L-Valine	mg	250	75	**

TYPICAL AMINO ACIDS PROFILE (Approx. Value)

	Unit	Per 100 g	Per Serving 30 g
Leucine	g	9.1	2.73
Isoleucine	g	5.8	1.74
Lysine	g	7.1	2.13
Methionine	g	1.8	0.54
Histidine	g	1.7	0.51
Threonine	g	6.5	1.95
Tryptophan	g	1.5	0.45
Phenylalanine	g	2.5	0.75
Valine	g	5.1	1.53
Alanine	g	4.3	1.29
Arginine	g	1.8	0.54
Aspartic Acid	g	9.6	2.88
Cysteine	g	2.2	0.66
Glutamic Acid	g	15.3	4.59
Glycine	g	1.4	0.42
Proline	g	6.3	1.89
Serine	g	4.3	1.29
Tyrosine	g	2.6	0.78



LIV RAW™

RECIPES



FRUIT AND YOGURT FROZEN SQUARES

Ingredients:

1/2 cup blueberries, 1/2 cup raspberries, 1/2 cup peaches, 1+1/2 cups Greek yogurt, 2 tbsp shredded coconut, 3 tsp honey and 1 sachet **LIV RAW™**.

Preparation:

- Add the fruits in separate bowls and microwave each for 90 seconds.
- Add half cup Greek yogurt, a tsp honey and half a sachet of **LIV RAW™** into each bowl and stir.
- Line a baking tray with parchment paper and layer the mixture on.
- Top with shredded coconut and add stick before covering with cling film.
- Freeze for 2 hours and enjoy immediately after removal.



Nutritional Value (approx. per square):

Energy: 65 Kcal, Fat: 2.7 g, Carbohydrates: 5.6 g, Fibre: 1.5 g, Protein: 6.4 g

PEANUT BUTTER PROTEIN BAR

Ingredients:

1/2 cup peanut butter, 1 tsp cinnamon, 1 tbsp real maple syrup, 1/4 cup unsweetened almond milk, 2 tsp vanilla extract, 5-6 pitted dates, a pinch of salt, 1/4 cup plain roasted almonds, 1/2 cup oat flour, 1/2 cup mini chocolate chips and 1 sachet **LIV RAW™**.

Preparation:

- Mix all the ingredients together.
- Take a greased tray and spread the mixture.
- Refrigerate the mix for minimum 2 hours.
- Cut into bar pieces and store in an airtight container.

Nutritional Value (approx. per bar):

Energy 320 Kcal, Fat 13.3 g, Carbohydrates 41.5 g, Fibre 7.3 g, Protein 20.1 g



MISSI ROTI

Ingredients:

2 tablespoon besan, 1/2 cup whole wheat flour, a pinch of salt, water, 2 teaspoon ghee and 1 sachet **LIV RAW™**.

Preparation:

- Add the whole wheat flour, besan, salt and **LIV RAW™** in a bowl and mix well.
- Knead the dough with water as necessary and allow it to rest for sometime.
- Divide the dough into even balls and roll out one ball into a circular shape.
- Heat a pan, spread the roti, add a few drops of ghee and cook for 2-4 minutes on each side.

Nutritional Value (approx. per roti):

Energy: 142 Kcal, Fat: 1.8 g, Carbohydrates: 18 g, Fibre: 3.1 g, Protein: 8.7 g



BANANA PANCAKE

Ingredients:

1/2 cup uncooked oatmeal, 1 medium banana (mashed), 3 egg whites, cinnamon as per taste, vanilla extract as per taste and 1 sachet **LIV RAW™**.

Preparation:

- Add all the ingredients in a bowl and mix well.
- Whisk the egg whites with cinnamon and vanilla in another bowl.
- Add the dry ingredients in the egg mixture and leave it for 15 minutes.
- Heat a pan, spray a little oil and spread the batter to cook for almost 3 to 5 minutes per side.

Nutritional Value (approx. per pancake):

Energy: 225 Kcal, Fat: 1.95 g, Carbohydrates: 13.7 g, Fibre: 4.2 g, Protein: 24.2 g



STRAWBERRY AND BASIL SMOOTHIE

Ingredients:

2 cups strawberries, 1/2 cup basil leaves, 1/2 cup Greek yogurt, 1 teaspoon honey, 1/2 cup unsweetened almond milk and 1 sachet **LIV RAW™**.

Preparation:

- Put all the ingredients in a mixer and blend.
- Serve chilled.

Nutritional Value (approx. per glass):

Energy: 277.3 Kcal, Fat: 3.1 g, Carbohydrates: 24.9 g, Fibre: 4 g, Protein: 29.6 g



SPINACH AND ALMOND SMOOTHIE

Ingredients:

Greek yogurt, 1/2 cup blueberries, 1 medium banana, 1/2 cup strawberries, 1 cup freshly blanched spinach, almond milk, honey and **LIV RAW™**.

Preparation:

- Add the ingredients in a mixer and blend until smooth.
- Top with berries and serve chilled.

Nutritional Value (approx. per glass):

Energy: 170 Kcal, Fat: 1.5 g, Carbohydrates: 20.6 g, Fibre: 1.75 g, Protein: 21.4 g



MANGO SHAKE

Ingredients:

1/2 cup fresh chopped mango, 1 scoop vanilla ice cream, 1/2 cup low fat milk, nuts like almonds, raisins, walnuts and 1 sachet **LIV RAW™**.

Preparation:

- Add all the ingredients in a mixer and blend.
- Top with nuts and serve chilled.

Nutritional Value (approx. per glass):

Energy: 157 Kcal, Fat: 7 g, Carbohydrates: 14 g, Fibre: 2.9 g, Protein: 11.05 g



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