



Steadfast **NUTRITION**

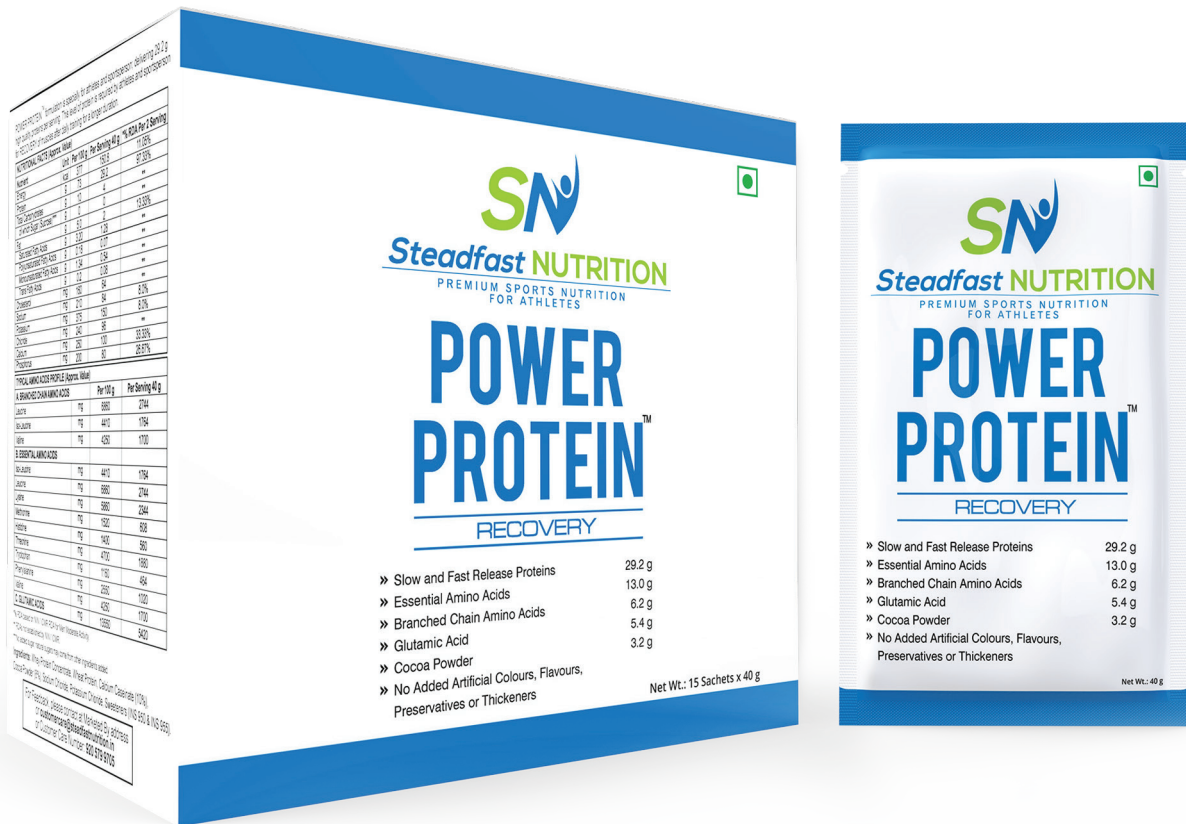
PREMIUM SPORTS NUTRITION

RECOVERY



POWER PROTEIN™

THE ULTIMATE RECOVERY FORMULA



With continuous exposure to rigorous trainings and workout, are your muscles undergoing excessive wear and tear resulting you to get lethargic and stressed?

Vigorous workout leads to rapid energy loss and muscle fatigue. As dozens of activities rely on muscles to progress greater demands, what you require is some muscle building and repairing magic. It's easy to spot protein supplements in abundance when health shopping, but do they have a combination of these?

Time Release Proteins
29.2 g

Essential Amino Acids
13.0 g

BCAAs
6.2 g

Glutamic Acid
5.4 g



HOW DOES IT WORK?

POWERPROTEIN™ is the best after workout protein comprising of whey protein concentrate, which is quick to digest and protects the body from oxidative and peroxidative damages. It also works to enhance muscle strength while the cholesterol-free Wheat Protein does the recovering job and balances the lipid profile of the body. Calcium Caseinate is the third significant protein, which is slow digesting and allows sustainable release of amino acids to prevent catabolism. An athlete also tends to recover muscles due to the presence of L- Glutamine, the most abundant amino acid. The last ingredient, which is the antioxidant-rich and cholesterol lowering Natural Cocoa Powder, gives a mild chocolate taste to satisfy the sweet tooth while giving all the necessary results including cognitive performance.



WHO CAN TAKE POWER PROTEIN™?

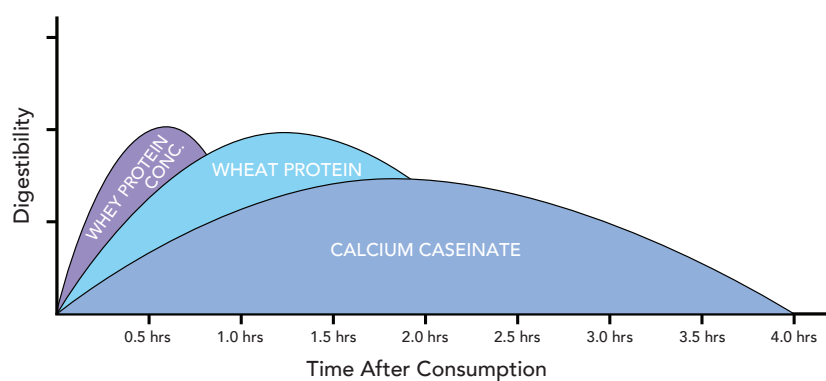
POWERPROTEIN™ is a complete recovery blend for every strength and endurance athlete. Various categories of sports have different daily requirement of protein based on factors such as age, gender, workout duration, workout intensity and more.

Therefore, anyone who is physically active on a daily basis and go under rigorous exercise schedules should include **POWERPROTEIN™** post workout. An extra serving can be added throughout the day as per the requirement of an athlete or as recommended by trainer/nutritionist.



WHEN TO TAKE POWER PROTEIN™ ?

The best time to take **POWERPROTEIN™** is after an intense workout session. As the special blend provides 13 g of all essential amino acids including BCAA, along with 6.2 g of Glutamic Acids, it works wonders to aid the muscles in regaining their strength from all the wear and tear that occurs during rigorous activities.



NUTRITIONAL INFORMATION

NUTRITIONAL FACTS (Approx. Value)				
	Unit	Per 100 g	Per Serving 40 g	% RDA Per Serving
Energy	kcal	377	150.8	5.52%
Protein	g	73	29.2	48.67%
Total Carbohydrate	g	10	4	**
of which Sugar (Sucrose)***	g	0	0	**
Fat	g	5.0	2	6.67%
Saturated Fatty Acids	g	3.20	1.28	**
Polyunsaturated Fatty Acids	g	0.18	0.07	**
Monounsaturated Fatty Acids	g	1.34	0.54	**
Trans Fatty Acids	g	0.2	0.08	**
Cholesterol	mg	160	64	**
Sodium	mg	210	84	4.0%
Potassium	mg	375	150	4.0%
Chloride	mg	240	96	**
Calcium	mg	250	100	16.67%
Phosphorus	mg	200	80	13.34%

INGREDIENTS

WHEY PROTEIN CONCENTRATE

It is a good source of glutathione, which protects the cells and mitochondria from oxidative and peroxidative damage and helps stimulate muscle protein synthesis. Other benefits include increased muscle strength, reduced levels of ghrelin and managed stress.



WHEAT PROTEIN

The cholesterol-free ingredient works to balance the lipid profile of the body, while the presence of glutamic acid helps in recovering muscles.



CALCIUM CASEINATE

This is a slow digesting protein that offers a sustainable release of amino acids with an aim to prevent the breaking down of muscles. The availability of L- Glutamine in high amount helps in recovering muscles for prolonged period.



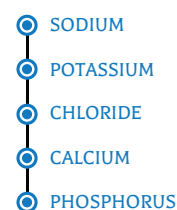
NATURAL COCOA POWDER

The substance called phenethylamine, which is present in natural cocoa, elevates the mood and works as an antidepressant. This favourite food comprises of the antioxidant, flavonoids, which is important for overall well being.

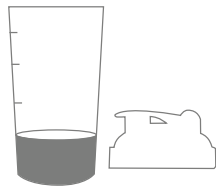


ELECTROLYTES

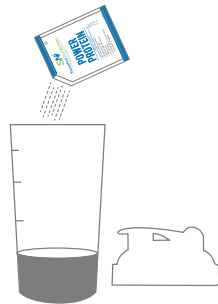
The body loses a lot of electrolyte and water while sweating during an intense and prolonged activity. **POWERPROTEIN™** comprises of sodium, potassium, chloride, calcium and phosphorus that work to replenish these electrolytes and help enhance muscle strength, water balance and electrolytic functions along with preventing muscle cramps.



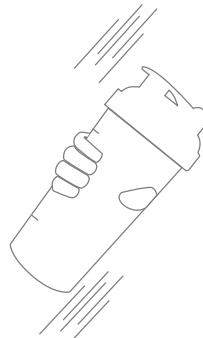
POUR, SHAKE & GULP!



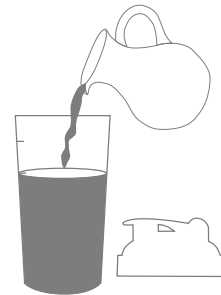
Take 100ml Water
in a Shaker



Tear off Sachet &
Empty Content into Water



Shake Well



Top off with 200ml
Water & Shake Again

Each 40g sachet of **POWERPROTEIN™** can be emptied into a protein shaker with 300 ml water. Ensure that the powder is perfectly blended to enjoy the best results. For fantastic results without effort, go for our **PowerMixer™** for the perfect chocolaty blend.

LAB TEST REPORTS

SHRIRAM INSTITUTE FOR INDUSTRIAL RESEARCH
(A unit of Shriram Scientific and Industrial Research Foundation)
19, University Road, Delhi - 110007 (India) Website: www.shriraminstitute.org
An ISO - 9001, 14001 & OHSAS 18001 Certified Institute E-mail id: customercare@shriraminstitute.org

TEST CERTIFICATE NO.: C1/0000133883

Issued To: Client Code: S1942 Date: 13/07/2018
STEADFAST MEDISHIELD PVT. LTD. Job No. 1806-1-101-2113
PLOT NO. 330, FUNCTIONAL INDUSTRIAL ESTATE PATARGANJ Booking No. RG18191/21168
NEW DELHI Booking Date: 16/06/2018
DELHR-110092 Customer Ref No. EMAIL: 14/06/2018
Kind Attn: MR. HITESH MANOCHA Customer Ref Date

Sample Description:
One sample described as Power Protein, * Steadfast Nutrition, Premium Sports nutrition for athletes*, Batch No. SN0804, Mfg. Date: 06/18, Date of Expiry: Best before 18 months from manufacture was received.
(The sampling was not carried out by the Representative of Shriram Institute for Industrial Research. The sample particulars provided in test certificate are based on declaration by the party.)

TEST RESULTS

S. No.	Test Parameters	Observed Value	Protocol/Guidelines
1	Protein(Nx6.35), % by mass	73.4	IS:7218-1973 (R-2015)
2	Fat, % by mass	5.2	IS:11721-2013 (R-2018)
3	Total carbohydrates, % by mass	13.0	IS:1656-2007 (R-2018)
4	Energy, kCal/100g	392.4	IS:8220-1976 (R-2015)
5	Sugar as sucrose, % by mass	Not Detected (Detection Limit-0.5%)	IS:1479 (P2)-1961 (R-2012)*

Note: The protocol marked with an "*" is not accredited by NABL.

DOOR: 16.06.2018
DOC: 13.07.2018

AUTHORISED SIGNATORY
EMPLOYEE CODE: ()

NUTRITIONAL VALUE

SIGMA TEST & RESEARCH CENTRE
TESTING OF FOOD | WATER | CHEMICALS | TOYS | ELECTRONICS | BUILDING MATERIAL | ENVIRONMENT

BA-15, Mangolpuri Industrial area,
Phase - 2, Delhi 110034(India)
Ph: +91 11 49491500, 270227900
E-mail: info@sigmatest.org
web: www.sigmatest.org

TEST CERTIFICATE
(This certificate is not valid without a hologram)

Sample: Power Protein
Sample Description: Light brown colour powder

Report No.: 5000092
Request Date: 21/06/2018
Job Code: STRC/5000032
Sample Received On: 15/06/2018
Date of Testing: 15/06/2018-21/06/2018
Sample Qty: 100gm
Sample Condition: Sealed Properly.

Ref. No.: Nil
Issued To: A. Div. of Steadfast Medishield Pvt. Ltd.
Plot No. 330, Functional Industrial Estate,
Patarganj, Delhi-110092.

Reference to protocol: In house specification

S. No.	Test Parameters	Unit	Result	Test Method
1	Identification of steroid		Negative	STRC/STP/F076
2	Lead (as Pb)	mg/kg	N.D.(D.L.-0.25)	By ICP-MS
3	Cadmium (as Cd)	mg/kg	N.D.(D.L.-0.25)	By ICP-MS
4	Arsenic (as As)	mg/kg	N.D.(D.L.-0.25)	By ICP-MS
5	Mercury (as Hg)	mg/kg	N.D.(D.L.-0.1)	By ICP-MS

Note: D.L.= Detection Limit, N.D.=Not Detected

AUTHORIZED SIGNATORY
SHRUTI VIJ
Section-In-charge

AN ISO 9001:2008 & 14001:2005 ACCREDITED LABORATORY

HEAVY METALS & STEROIDS

The above laboratory food testing reports are from SHRIRAM INSTITUTE FOR INDUSTRIAL RESEARCH for Nutritional Value and SIGMA TEST & RESEARCH CENTRE for Steroids and Heavy Metals. The reports testify our claims of the Nutritional Value of **POWERPROTEIN™** to be at par with Label claims on packaging and that the product is free from any form of Heavy Metals and Steroids.

All nutritional products of **Steadfast NUTRITION** dutifully adheres to the practices that are:



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Steadfast Nutrition
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