



## Veg-E Complete Pro™ Chocolate

8180 26 oz (737 g)



## Veg-E Complete Pro™ Vanilla

8185 22 oz (623 g)



GENERAL  
WELLNESS

**VEG-E COMPLETE PRO™ OFFERS AN ORGANIC, MULTISOURCE BLEND OF PLANT-BASED PROTEIN TO SUPPORT:**

- Muscle building and recovery\*
- Satiety and fullness\*
- Cellular function and enzyme action\*
- Energy levels\*
- Hair, skin, and nails\*

### Veg-E Complete Pro™ Chocolate

**Warning:** Keep out of reach of children.

## Supplement Facts

Serving Size: 4 heaping tablespoons (scoops) (approx. 40 g)

Servings per Container: 18

	Amount per Serving	%Daily Value
Calories	160	
Total Fat	4 g	5%*
Saturated Fat	1 g	5%*
Total Carbohydrate	12 g	4%*
Dietary Fiber	4 g	14%*
Total Sugars	4 g	†
Includes 4 g Added Sugars		8%*
Protein	15 g	30%*
Calcium	40 mg	3%
Iron	5 mg	28%
Sodium	280 mg	12%
Potassium	480 mg	10%
Proprietary Blend	24 g	†
Organic pea protein, organic pumpkin seed protein, and organic sesame seed protein.		

\*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

Other Ingredients: Organic cocoa powder (processed with alkali), organic coconut sugar, acacia fiber, organic sunflower lecithin powder, maltodextrin, sea salt, organic monk fruit extract, organic guar gum, natural flavors, and xanthan gum.

Contains: Sesame and tree nut (coconut).

## How Does Protein Support Health?

Protein is essential to the body as a major structural and functional component of every cell. Amino acids are the building blocks of protein and act as precursors for many coenzymes, hormones, nucleic acids, and other important biological molecules.<sup>1,2</sup> Within the body, amino acids and proteins are involved in many biological processes.

### Muscle Growth and Repair Processes

Skeletal muscle is responsible for movement and structural support of the body, acts as a storage source of amino acids that can be used by other organs in the body for synthesizing organ-specific proteins, and plays a central role in maintaining thermogenesis.<sup>3</sup> Consuming protein, a major component of skeletal muscle, can stimulate muscle protein synthesis (MPS) alongside resistance training.<sup>4,5</sup> Muscle protein synthesis is a key factor that regulates skeletal muscle mass which in turn impacts strength and athletic performance as well as long-term health.<sup>4-6</sup>

Branched-chain amino acids (BCAAs) are also an important component of muscle building.<sup>7,8</sup> The BCAA leucine is a precursor for MPS and regulates intracellular signaling pathways involved in protein synthesis.<sup>9</sup> Leucine-rich, rapidly digested protein has been found to stimulate MPS during training recovery to a greater extent than slowly digested proteins of lower leucine content.<sup>10-12</sup> However, it is important to consume BCAAs alongside other essential amino acids to properly support the anabolic state and MPS.<sup>9</sup>

Veg-E Complete Pro™ provides organic pea protein – a highly digestible source of plant-based protein and a rich source of leucine – along with the other eight essential amino acids to support muscle building and recovery\*.<sup>13</sup>

### Satiety and Fullness

Satiety is part of the body's complex system of appetite control. It is an important component of energy balance and weight management, influenced by the endocrine, cognitive, neural, and gastrointestinal systems.<sup>14,15</sup> Under most conditions, energy derived from protein sources seems to have a greater effect on satiety compared to carbohydrates and fat. Possible mechanisms include the ability of protein to stimulate appetite-regulating

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hormones, increase energy expenditure through diet-induced thermogenesis, alter gluconeogenesis, and increase concentrations of amino acids in the plasma which may correlate with decreased hunger.<sup>14-20</sup>

While evidence indicates that different protein sources can have differential effects on satiety, several studies have indicated that pea protein is a high-quality alternative to animal-derived proteins with similar protein digestibility. In randomized trials, pea protein was found to have similar satiating effects to animal-derived whey protein and also significantly lowered food intake and reduced energy intake compared to animal-derived whey protein.<sup>13,19</sup> One to three servings of Veg-E Complete Pro™ Vanilla or Veg-E Complete Pro™ Chocolate provide a source of complete plant-based protein in the range where increased satiety has been reported.

### Cellular Function

Protein is critical to every cell as a major structural and functional component. About 40% of total protein content of the body is in skeletal muscle, while another 15% is present in other structural tissues. They include the network of microtubules, actin, and intermediate filaments in the cytoplasm that provide structure to the cell.<sup>1</sup> Proteins are also an important component of membrane carriers, blood transport molecules, hormones, antibodies, and enzymes. Enzymes are proteins that catalyze biochemical reactions in cells, and without them, most biological reactions would proceed too slowly to be useful.<sup>21</sup>

### Hair, Skin, and Nails

The protein keratin is important for the structural integrity of hair, skin, and nails. It is rich in cysteine, which is important for the disulfide bonds in hair

and nails that contribute to a tougher, more durable structure.<sup>22</sup> In the skin, keratin and collagen are major structural proteins.

### Why Plant-Based Protein?

Plant proteins have a less optimal amino acid distribution profile compared to animal proteins, often containing insufficient levels of one or more essential amino acids. However, plant proteins that are paired strategically can complement each other and bridge a gap that is lacking for one or more amino acids.

For example, legumes tend to be lower in sulfur-containing amino acids, but are a good source of lysine. Seeds are low in lysine, but good sources of sulfur-containing amino acids. The blend of organic pea protein, organic pumpkin seed protein, and organic sesame seed protein found in Veg-E Complete Pro™ is a valuable source of several amino acids, including the nine essential amino acids.

#### ORGANIC PLANT PROTEIN



Pumpkin Seeds



Yellow Peas



Sesame Seeds

Veg-E Complete Pro™ contains no genetically engineered ingredients, artificial sweeteners, or artificial flavors. It also contains natural flavors made without monosodium glutamate (MSG).

Since 1929,  
**Standard Process**  
has been changing  
lives with our whole  
food philosophy.

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