



# PLANT PROTEIN

Veg-E Complete Pro™ Chocolate and Vanilla  
Dr. Donna F. Smith

## Veg-E Complete Pro™ Chocolate Contains ALL Nine Amino Acids

- **GF** Gluten Free
- **V** Vegetarian

**Four heaping scoops is equal to one serving**  
**15 grams of protein per serving**  
**18 servings per contain**  
**Just mix with water.**



Product #	Content	Price
8180	26 Ounces (737 grams)	\$59.50

**Note: Supplement Facts below is a cut and paste reproduction of the bottle label; however, borders and lines did not transfer.**



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## Veg-E Complete Pro™ Chocolate and Vanilla

### Dr. Donna F. Smith

Veg-E Complete Pro Chocolate offers an organic multisource blend of plant-based protein in a convenient powder with delicious chocolate flavor.

- Complete protein with all nine essential amino acids at recommended levels
- Contains organic pea protein, pumpkin seed protein, and sesame seed protein
- Supports muscle building and recovery
- Supports satiety and fullness
- Supports cellular function and enzyme action
- Supports energy levels
- Supports gut health
- Supports hair, skin, and nails
- Organic, vegan, dairy-free, soy-free, gluten-free, and grain-free
- No genetically engineered ingredients
- No artificial sweeteners or artificial flavors
- Natural flavors made without monosodium glutamate (MSG)\*

#### How does the protein in this product support health?

Aging adults may benefit from dietary protein intake at 1.0 to 1.5 grams per kilogram per day,<sup>1,2,3</sup> which is above the recommended daily allowance (RDA), in order to preserve lean muscle mass and support muscle-building response to exercise.<sup>1</sup> The International Society of Sports Nutrition recommends that athletes may benefit from consuming 1.2 to 2 grams of protein per kilogram of body weight to support metabolic processes and repair.<sup>4</sup> Athletes and those with glucose<sup>5</sup> and weight-management<sup>6</sup> challenges may benefit from protein supplementation. Protein also plays an important role in cellular function and enzyme action while also supporting hair, skin, and nails.\*

#### Why suggest Veg-E Complete Pro for your patients?

The blend of **organic pea protein**, **organic pumpkin seed protein**, and **organic sesame seed protein** provides a complementary combination of amino acids that supplies all nine essential amino acids in the recommended amounts for a complete amino acid profile<sup>7</sup>. Veg-E Complete Pro provides 15 grams of vegan protein in a convenient, great-tasting shake.\*

#### Organic Protein Blend



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## Veg-E Complete Pro™ Chocolate and Vanilla

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- **Organic pea protein** concentrate provides a unique vegan source of protein. This protein contains branched amino acids and lysine. Branched-chain amino acids are linked to muscle-building effects in humans.<sup>8,9</sup>
- **Organic pumpkin seed protein** contains the sulfur amino acids methionine and cysteine. These are used in the translation process of messenger RNA, which results in building of proteins within the body.<sup>10</sup>
- **Organic sesame seed protein** contains the sulfur amino acids methionine and cysteine.\*

## Supplement Facts

Serving Size: 4 heaping tablespoons (scoops) Servings per Container: 18

Amount per Serving		%DV
Calories	160	
Total Fat	3.5 g	5%*
Polyunsaturated Fat	1 g	†
Monounsaturated Fat	1 g	†
Total Carbohydrate	10 g	3%*
Fiber	3 g	12%*
Sugars	4 g	†
Protein	15 g	30%*
Calcium	60 mg	6%
Iron	5 mg	30%
Potassium	575 mg	15%
Sodium	320 mg	15%

**Proprietary Blend: 24 g** Organic pea protein, organic pumpkin (seed) protein, and organic sesame (seed) protein.

†Daily Value (DV) not established.

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

**Suggested Use:** Four heaping tablespoons (scoops) in 8-12 ounces water, one to three servings per day, or as directed. Mix product thoroughly for 10 to 15 seconds.



# PLANT PROTEIN

## Veg-E Complete Pro™ Chocolate and Vanilla

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Settling of product after mixing may occur. Store mixed product in refrigerator if not consumed immediately.

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## RESEARCH/REFERENCES

- 1. Academy of Nutrition and Dietetics. 2012. Position of the Academy of Nutrition and Dietetics: Food and Nutrition for Older Adults: Promoting Health and Wellness. *J Acad Nutr Diet.* 2012; 112: 1255-1277.
- 2. Deutz, N, Bauer J, Barazzoni R, et al. Protein Intake and Exercise for Optimal Muscle Function with Aging: Recommendations from the ESPEN Expert Group. *Clin Nutr.* 2014; 929-36.
- 3. Paddon-Jones D, Rasmussen B. Dietary Protein Recommendations and the Prevention of Sarcopenia. *Current Curr Opin Clin Nutr Metab Care.* 2009; 12(1): 86-90.
- 4. Campbell B, Kreider R, Ziegenfuss T, et al. International Society of Sports Nutrition Position Stand: Protein and Exercise. *J Intl Soc Sports Nutr.* 2007; 4:8.
- 5. Gannon, M, Nuttall F, Saeed A, Jordan K, Hoover H. An Increase in Dietary Protein Improves the Blood Glucose Response in Persons with Type 2 Diabetes. *Am J Clin Nutr.* 2003; 78: 734-41.
- 6. Layman D, Boileau R, Erickson D, et al. A Reduced Ratio of Dietary Carbohydrate to Protein Improves Body Composition and Blood Lipid Profiles During Weight Loss in Adult Women. *J Nutr.* 2003; 133: 411-7.
- 7. Institute of Medicine. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. The National Academies Press; 2005.
- 8. Blomstrand E, Eliasson J, Karlsson H, Kohnke R. Branched-Chain Amino Acids Activate Key Enzymes in Protein Synthesis after Physical Exercise. *J Nutr.* 2006; 136(1): 269S-73S.
- 9. Marangon A, Lacerda V, Corrêa R. Effect of Supplementation of Branched Chain Amino Acids in Muscle Damage Induced by Resistance Training. *J Intl Soc Sports Nutr.* 2010; 7(Suppl 1): P3.
- 10. Brosnan, J, Brosnan M. The Sulfur-Containing Amino Acids: An Overview. *J Nutr.* 2006; 136: 1636S-1640S.



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### Veg-E Complete Pro™ Vanilla Contains ALL Nine Amino Acids

- **GF** Gluten Free
- **V** Vegetarian

**Four heaping scoops is equal to one serving**  
**15 grams of protein per serving**  
**18 servings per contain**



Product #	Content	Price
8185	26 Ounces (737 grams)	\$59.50

Veg-E Complete Pro Vanilla offers a multisource blend of plant-based protein in a convenient powder with delicious vanilla flavor.

- Complete protein with all nine essential amino acids at recommended levels
- Contains organic pea protein, pumpkin seed protein, and sesame seed protein
- Supports muscle building and recovery
- Supports satiety and fullness
- Supports cellular function and enzyme action
- Supports energy levels
- Supports gut health
- Supports hair, skin, and nails



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## Veg-E Complete Pro™ Chocolate and Vanilla

### Dr. Donna F. Smith

- Organic, vegan, dairy-free, soy-free, gluten-free, and grain-free
- No genetically engineered ingredients
- No artificial sweeteners or artificial flavors
- Natural flavors made without monosodium glutamate (MSG)\*

How does the protein in this product support health?

Aging adults may benefit from dietary protein intake at 1.0 to 1.5 grams per kilogram per day,<sup>1,2,3</sup> which is above the recommended daily allowance (RDA), in order to preserve lean muscle mass and support muscle-building response to exercise.<sup>1</sup> The International Society of Sports Nutrition recommends that athletes may benefit from consuming 1.2 to 2 grams of protein per kilogram of body weight to support metabolic processes and repair.<sup>4</sup> Athletes and those with glucose<sup>5</sup> and weight-management<sup>6</sup> challenges may benefit from protein supplementation. Protein also plays an important role in cellular function and enzyme action while also supporting hair, skin, and nails.\*

Why suggest Veg-E Complete Pro for your patients?

The blend of **organic pea protein**, **organic pumpkin seed protein**, and **organic sesame seed protein** provides a complementary combination of amino acids that supplies all nine essential amino acids in the recommended amounts for a complete amino acid profile<sup>7</sup>. Veg-E Complete Pro provides 15 grams of vegan protein in a convenient, great-tasting shake.\*

### Organic Protein Blend

- **Organic pea protein** concentrate provides a unique vegan source of protein. This protein contains branched amino acids and lysine. Branched-chain amino acids are linked to muscle-building effects in humans.<sup>8,9</sup>
- **Organic pumpkin seed protein** contains the sulfur amino acids methionine and cysteine. These are used in the translation process of messenger RNA, which results in building of proteins within the body.<sup>10</sup>
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## Veg-E Complete Pro™ Chocolate and Vanilla

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## Supplement Facts

Serving Size: 4 heaping tablespoons (scoops) Servings per Container: 18

Amount per Serving		%DV
Calories	130	
Total Fat	2.5 g	4%*
Polyunsaturated Fat	1 g	†
Monounsaturated Fat	1 g	†
Total Carbohydrate	8 g	3%*
Fiber	1.5 g	6%*
Sugars	4 g	†
Protein	15 g	30%*
Calcium	30 mg	2%
Iron	5 mg	30%
Potassium	200 mg	5%
Sodium	320 mg	15%

**Proprietary Blend:** 27 g Organic pea protein, organic pumpkin (seed) protein, and organic sesame (seed) protein.

† -Daily Value (DV) not established.

Other Ingredients: Organic evaporated coconut tree sap (sugar), natural flavors, sea salt, arabic gum, organic guar gum, sunflower lecithin, and monk fruit extract.

**Suggested Use:** Four heaping tablespoons (scoops) in 8-12 ounces water, one to three servings per day, or as directed. Mix product thoroughly for 10 to 15 seconds.

Settling of product after mixing may occur. Store mixed product in refrigerator if not consumed immediately.



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- 8. Blomstrand E, Eliasson J, Karlsson H, Kohnke R. Branched-Chain Amino Acids Activate Key Enzymes in Protein Synthesis after Physical Exercise. *J Nutr.* 2006; 136(1): 269S-73S.
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## *Whole Food Nutrient Solutions*

Since 1929, Standard Process has been the visionary leader in whole food nutrient solutions. We apply systems thinking to holistic nutrition that empowers practitioners to transform lives. Dedicated to the whole food philosophy of our founder, Dr. Royal Lee, our goal is to carry on his mission to provide nutrients for the body that are as close as possible to how they are found in nature.

Our products include foods that are prepared in a way that safeguards their nutritional value. The majority of these ingredients are grown locally on our certified organic farm and may require chopping, dicing, juicing, and/or drying for use in our products.