

TRGO® PROTEIN+



MEET TRGO® PROTEIN+

It is no surprise that protein is an important nutrient in our daily diet. Proteins are the building blocks of body tissues. They help repair and maintain vital tissues and are crucial for the growth of all organs systems including bones and muscles. Proteins in the body also work as enzymes, immune molecules, hormones and cellular messengers. However, our lives have become so busy that getting optimal nutrition is more difficult than ever. For some, they may fail to consume enough protein daily.

A less well-known fact about proteins in the human body is that they are made up of 20 amino acids. 9 of which are considered essential as they can only be derived from our diet. Soy proteins contain all 9 essential amino acids which creates a suitable nutritional foundation for our body.

TRGO® Protein+ is a plant-based soy protein powder. This far-better-than-basic protein contains protease plus all-natural soy protein in a delicious pearl milk tea flavor which you can enjoy at anytime, anywhere. It provides essential protein to your body tissues including your lean muscle.

WHY YOU'LL LOVE IT

- A tasty and convenient way to boost protein intake crucial for growth and development as well as to help build and repair body tissues.
- A great way to help repair muscle and support recovery from exercise.
- A healthy way to support lean muscle mass.
- Formulated with protease for improved protein digestion and enhanced amino acid absorption.
- Ideal for lacto-ovo-vegetarians.
- A healthier choice for individuals who love milk tea but are concerned about the high calories from conventional milk tea.
- Complements with the ageLOC® TR90® weight management program.
- Suitable for active individuals who are looking for a boost of protein to support lean muscle.

WHAT POWERS IT

- **Plant-Based Protein**—Provides your body with a complete source of essential amino acids for growth and development. Helps to build and repair body tissues.
- **Protease**—A protease enzyme blend that enhances amino acid absorption and supports protein digestion.
- **Pearl Milk Tea Flavour**—The combination of natural black tea extract, black tea flavour and vanilla flavour, brings you the good mouthfeel with nice tea aroma and taste without the burden of calories.

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HOW TO USE IT

Mix one sachet with 150ml of water to create a delicious protein drink and boost dietary protein. Store in a cool, dry place and away from heat and direct sunlight.

TRY THESE WITH IT

- ageLOC® TR90® System
- Pharmanex® LifePak®

LEARN MORE ABOUT IT

Can I use more than one sachet of TRGO® Protein+ per day?

Absolutely! One sachet is equivalent to one serving of non-meat protein, so if you want to take just one sachet on its own to boost your protein intake, that's great. But if you want to consume more than one sachet in a day to further boost protein levels, that's a viable option as well. It really depends on your unique nutrition and fitness goals.

What's the optimal amount of protein to consume each day?

Depending on your age, activity level and nutritional goals, the minimum protein requirements may not be enough to provide the optimal benefits of protein especially for active individuals. Most individuals with some level of physical activity should consume higher amounts of protein than basic requirements. Exactly how much depends on your specific needs, along with the timing, duration, and intensity of physical activity.

Why is protein included in TRGO® Protein+?

Protein is an essential macronutrient that the body needs including our muscles. Protein is made of different amino acids, which are the building blocks of protein. We include a complete protein source, including all the essential amino acids like histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine. They're "essential" because they can't be synthesized in the body, at least in the amounts needed—which means you need a boost!

Why is Protease included in TRGO® Protein+?

Protease helps break down the protein you eat, which creates a dual benefit to help support protein digestion and promote amino acid absorption. The enhanced amino acid absorption is very significant and well-proven in published research. The absorption of branched-chain amino acids crucial for supporting lean muscle is also significantly

increased with Protease. Not only does this make the protein more effective at supporting lean muscle, but Protease also makes protein easier to digest.

When is the best time to take TRGO® Protein+?

It can be taken with a meal, pre or post exercise or as a healthy snack drink.

KEY SCIENTIFIC STUDIES

1. Flakoll PJ, Judy T, Flinn K, Carr C, Flinn S. Postexercise protein supplementation improves health and muscle soreness during basic military training in Marine recruits. *J Appl Physiol* (1985). 2004 Mar;96(3):951-6.
2. Reidy PT, Walker DK, Dickinson JM, Gundermann DM, Drummond MJ, Timmerman KL, Fry CS, Borack MS, Cope MB, Mukherjee R, Jennings K, Volpi E, Rasmussen BB. Protein blend ingestion following resistance exercise promotes human muscle protein synthesis. *J Nutr*. 2013 Apr;143(4):410-6.
3. Anderson ML. A Double-Blind Clinical Study to Investigate the Effects of a Fungal Protease Enzyme System on Metabolic, Hepato-renal, and Cardiovascular Parameters Following 30 Days of Supplementation in Active, Healthy Men. *Food Dig*. 2013 May;4(1):19-25.
4. Oben J, Kothari SC, Anderson ML. An open-label study to determine the effects of an oral proteolytic enzyme system on whey protein concentrate metabolism in healthy males. *J Int Soc Sports Nutr*. 2008 Jul 24;5:10.
5. Pinho, M.G.M., Mackenbach, J.D., Charreire, H. et al. Exploring the relationship between perceived barriers to healthy eating and dietary behaviours in European adults. *Eur J Nutr* 57, 1761–1770 (2018). <https://doi.org/10.1007/s00394-017-1458-3>
6. Moughan, P. J. (2021). Population protein intakes and food sustainability indices: The metrics matter. *Global Food Security*, 29, 100548.

TRGO[®] PROTEIN+

WHAT'S IN IT

Nutrition Facts

Serving size: 1 packet (22g)

Serving per box: 15

	Per Serving 22g	Per 100g
Energy	90 kcal	409 kcal
Protein	10 g	45 g
Carbohydrate	9 g	43 g
Total Sugar	5 g	22 g
Total Fat	1 g	7 g
Sodium	120 mg	547 mg

INGREDIENTS

Isolated Soy Protein, Isomaltulose (3.5g/22g), Non-Dairy Creamer (contains milk protein), Fructose, Black Tea Extract Powder, Arabic Gum, Molasses Sugar, Glucomannan, Black Tea Flavor, Xanthan Gum, Maltodextrin, Protease, Vanilla Flavor, Cellulose Gum, Stevia. Contains permitted flavoring substance and thickener (INS414, INS415, INS466) as permitted food conditioner.

DIRECTION FOR USE

Pour 150ml of water in a shaker bottle. Add 1 sachet and shake vigorously until all powder is dissolved. Keep in a cool and dry place, away from heat and direct sunlight.