

# THE ALKALINE ADVANTAGE<sup>™</sup>



**WORLD'S HIGHEST SOURCE OF VEGETABLE PROTEIN**

GLUTEN FREE - DAIRY FREE - GMO FREE

*“The perfect alternative to whey is NuZest’s CLEAN LEAN PROTEIN. It’s not only the world’s most potent vegetable protein; it’s easier to digest, very low in fat and it’s the only non-acidic protein available on the planet – an advantage for athletes and great for everyone.”*

**Cliff Harvey – Naturopath, nutritionist, strength coach to Olympic athletes and author**

## PROTEIN IS EVERYONE'S BEST FRIEND

We all know that protein helps build strength and that it's essential to repair tissue and muscles — but it also supports energy levels and weight control, and even plays a part in our mood. Of course it's very important for kids' growth and development, just as it is to adults who want to look and feel their best.

Insufficient protein can lead to all kinds of problems; from muscle wasting, lack of strength and lethargy to dry skin, bloating, poor digestion and irritability. Serious depletion can cause depression and can even be life threatening.



Repair



Growth



Strength



Vitality



Happy

## SO WHY IS CLEAN LEAN PROTEIN THE MAGIC BEAN?

It doesn't come from just any old bean (actually it's from peas); it comes from premium quality European-grown Golden Peas. This all-natural, all-vegetable isolate is blended with natural flavours in an ultra-modern facility in Belgium under strict Good Manufacturing Practice (GMP) codes to ensure quality and safety.

So, if you require a protein supplement for sport, weight control, or simply to support good nutrition — you'll find NuZest's Clean Lean Protein has the advantage.

### *The world's highest vegetable protein content — and easily digested*

At up to 90% protein content, Golden Pea protein isolate beats soy, carob and rice protein, and whey concentrate. And, Clean Lean Protein has a 98% digestibility rating, making it more readily absorbed.

### *It's alkaline*

With a pH reading of 7.8, Golden Pea protein isolate is the world's ONLY alkaline protein. Why is this important? If your diet is too acidic your body may break down bone, muscle and connective tissue in order to free up calcium and alkaline amino acids to 'buffer' the blood. NuZest's Clean Lean Protein may help you to preserve valuable muscle tissue and improve bone density.

For athletes, this alkaline protein may delay the impact of lactic acid build-up during muscle contraction — allowing for longer periods of exertion.

### *It's very low in fat and carbohydrates — yet it helps you feel full*

If you're trying to control weight, NuZest's Clean Lean Protein is ideal. It contains only 1.3% fat and has very low carbohydrate levels. It also provides satiety which helps when tempted to snack.

### *It's complete — containing all essential amino acids*

Vegetarian protein sources sometimes get a bad rap for not being 'complete'. NuZest's Clean Lean Protein has ALL nine of the essential amino acids — the ones the body does not produce itself and must obtain from food sources.

Clean Lean Protein is also high in Glutamine (50% higher than whey) which is important for recovery from training and reduction in muscle loss.

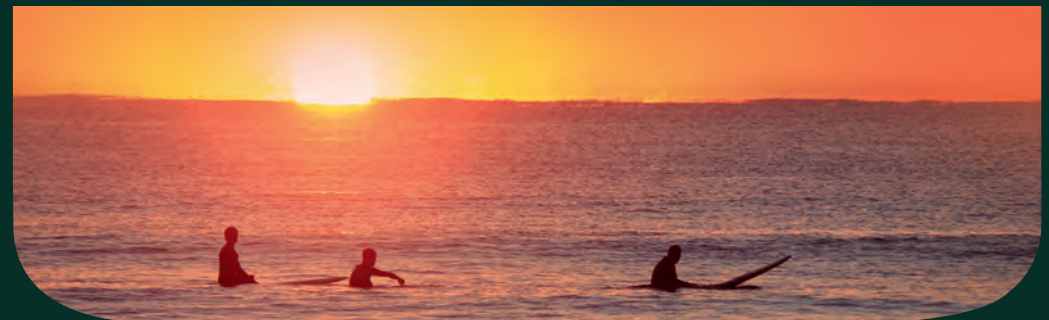
### *It's gluten free and very low in allergens*

Many people suffer from allergies and intolerances to a range of common foods. Egg-based and dairy-based proteins are all considered to have high allergenic potential. Clean Lean Protein is the low allergen alternative...with no bad stuff.

### *It's the best choice for everyone*

Clean Lean Protein is great for kids and adults alike. It has something for everyone. It has The Alkaline Advantage and high protein content for athletes. Its low allergenic profile is perfect for allergy sufferers and its low fat profile is great for those watching the "bottom" line. It's very easy to digest and it's ideal for the growth and development needs of kids. And, of course, it suits vegetarians and vegans as well.

GLUTEN FREE - DAIRY FREE - GMO FREE



# WHAT'S IN CLEAN LEAN PROTEIN

## ALL THE GOOD

*HIGH Protein Content  
HIGH Digestibility  
HIGH pH (Alkaline)  
LOW Fat  
LOW Carbohydrate  
LOW Allergenic*

## AMINO ACIDS

*Amino acids, assembled in long chains, are the building blocks of protein. They are essential to preserve muscle mass during athletic exertion or weight loss. Golden Pea protein isolate has the most potent and balanced amino acid profile of any plant-based protein. It includes all nine of the essential amino acids that the body cannot make by itself...and more.*

## AND NO BAD

*NO Gluten, Dairy, Egg, Soy, Peanuts  
NO Sesame, Mustard, Crustaceans  
NO Additives or Preservatives  
NO Lactose or Artificial Sweeteners  
NO Artificial Colours or Flavours  
NO Pesticides or Chemicals*

**100% VEGETABLE  
PERFECT FOR VEGETARIANS AND VEGANS**

## AVERAGE AMINO ACID CONTENT

(IN GRAMS PER 100 GRAMS OF PROTEIN)

### ESSENTIAL

Histidine.....	2.5
Isoleucine.....	4.5
Leucine.....	8.4
Lysine.....	7.2
Methionine.....	1.1
Phenylalanine.....	5.5
Threonine.....	3.9
Tryptophan.....	1.0
Valine.....	5.0

### PLUS THESE

Alanine.....	4.3
Arginine.....	8.7
Aspartic Acid.....	11.5
Cysteine.....	1.0
Glutamic Acid.....	16.8
Glycine.....	4.1
Proline.....	4.5
Serine.....	5.3
Tyrosine.....	3.8

## NUTRITION FACTS

(PER 100 GRAMS - 4 SERVES)

	Just Natural	Smooth Vanilla	Creamy Cappuccino	Rich Chocolate
Energy.....	1495 kJ	1564 kJ	1496 kJ	1522 kJ
Protein.....	88 g	84.3 g	80.0 g	80.0 g
Fat.....	1.3 g	1.29 g	1.64 g	1.96 g
- saturated.....	0.2 g	0.19 g	0.44 g	0.67 g
Carbohydrate.....	2.7 g	5.90 g	5.48 g	6.63 g
- sugar.....	0.0 g	0.53 g	0.41 g	0.67 g
- dietary fibre.....	2.3 g	2.60 g	3.07 g	4.67 g
Sodium.....	2.0 g	2.03 g	1.91 g	1.88 g

## INGREDIENTS

	100% NATURAL GOLDEN PEA PROTEIN ISOLATE			
Vegetable Protein.....	●	●	●	●
Natural Fruit Protein.....	●	●	●	●
Natural Flavour.....	No added flavour	Vanilla	Vanilla, Coffee, Cocoa	Vanilla, Cocoa

All specified values are averages  
Supplemented Food

**nuzest**<sup>TM</sup>  
nutrition for life

## The Perfect Companion to Clean Lean Protein



## GOOD GREEN STUFF™

*Complete nutritional support in one daily serve*

*The Feel-Good Superfood™ with over 70 natural ingredients.*

Today's lifestyle and environment mean we need to treat our bodies with extra TLC. This tasty superblend is a power combo of nutrient-rich greens, fruits, veggies and berries designed to help you keep the spring in your step and perform at your best.

The added vitamins, minerals, probiotics, digestive enzymes and antioxidants make Good Green Stuff the ultimate lifestyle supplement. And, if you're healthy on the inside, you glow on the outside.

Good Green Stuff does not replace a healthy diet but it does help meet the challenges of environmental toxins, nutrient depleted or deficient soils, processed foods, fast foods, excess alcohol, fast-paced lifestyle and missed meals. And it's easy: simply mix the powder into water or juice just once per day. Or add it to your Clean Lean Protein Smoothie to really kick start your day!

**GLUTEN-FREE - DAIRY-FREE - GMO-FREE - VEGAN**



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