



## Love and Peas

Stock #3082-9 (675 grams)

Love and Peas is a Vegan Certified vegetable protein supplement, providing 20 grams of protein per serving. Love and Peas contains an easy-to-digest protein matrix, combined with nutritional whole foods and antioxidant-rich fruits and vegetables. Love and Peas contains no dairy, lactose or gluten and is free of common allergens. The Love and Peas protein matrix is derived from:

**Pea protein isolate** (from split yellow peas) - Pea protein is a highly digestible source of vegetable protein that provides a good nutritional value, comparable to that of soy protein. Pea protein is not only low in both saturated and total fat, but is also a good source of dietary fiber, folate, iron, magnesium and zinc. Pea protein has been shown to provide greater satiety than milk protein or whey protein in healthy humans. In animal studies, pea protein has demonstrated cholesterol and triglyceride-lowering activity, urinary system support, free radical scavenging effects, and angiotensin converting enzyme (ACE) inhibitory activity—ACE is a well-known indicator for

hypertension (high blood pressure).<sup>1-9</sup>

**Rice protein** (from brown rice) is a hypoallergenic, gluten-free protein source comparable in nutritional quality to other cereal proteins. Rice protein has demonstrated hypocholesterolemic (cholesterol-lowering) and antihypertensive (blood pressure-lowering) effects in animal studies.<sup>10-13</sup>

**Adzuki bean powder, Black bean powder, Garbanzo bean flakes** - Adzuki beans contain antioxidant proanthocyanidins and have been shown to lower serum cholesterol in animal studies. Black beans contain the highest concentration of cancer-fighting antioxidants of any bean and 10 times the antioxidants found in an equivalent amount of oranges. Garbanzo beans, which are rich in dietary fiber and health-promoting polyunsaturated fatty acids (PUFAs), have been shown to reduce serum total cholesterol, increase satiety, reduce cravings for both sweet and fatty foods, and improve bowel function in humans. Beans, in general, are a low-glycemic food and a good source of gluten-free protein, containing nearly twice the amount of protein compared to cereal grains. Beans are also an excellent source of dietary fiber, as well as vitamins, minerals and antioxidants.<sup>14-24</sup>

Love and Peas also contains the following, along with added vitamins and minerals:

**Sunflower oil** contains vitamin E and is a major source of linoleic acid, an omega-6 essential fatty acid. Sunflower oil has been shown to lower plasma lipid and lipoprotein levels, specifically LDL (low-density lipoprotein) levels, in humans.<sup>25-28</sup>

**Soluble dietary vegetable fiber** - Soluble fiber has been shown to help lower total cholesterol and LDL cholesterol, thus providing a protective role against the development of cardiovascular disease. Soluble fiber also helps regulate blood sugar levels by prolonging gastric emptying time, thus slowing the absorption of sugar from foods.<sup>24,29</sup>

**Medium chain triglycerides**, fatty acids derived from natural oils such as coconut oil, promote energy and satiety and may help facilitate weight control.<sup>30-32</sup>

**Short chain Fructooligosaccharides** (scFOS) are naturally-occurring simple carbohydrates that are neither digested nor absorbed by humans; instead, they encourage the growth of bifidobacteria—one of several beneficial strains of colonic bacteria—and discourage the growth of most undesirable bacteria in the colon. Regular intake of foods rich in fructooligosaccharides may help reduce the risk of colon cancer and may also facilitate calcium absorption.<sup>30,33-37</sup>

**Flax seed** is an excellent source of dietary fiber, plant lignans and essential fatty acid (EFAs). Multiple clinical trials have shown that flax seed can reduce total cholesterol and LDL cholesterol in both healthy and hypercholesterolemic patients. Flax seed supplementation has also been shown to reduce tumor proliferation in men with prostate cancer.<sup>38-41</sup>

**Xanthan gum** is a source of soluble dietary fiber. Soluble dietary fiber helps lower total cholesterol and LDL cholesterol and aids in regulating blood sugar levels.<sup>24,42</sup>

**Guar gum**, a source of soluble dietary fiber, is one of the most effective dietary fibers for reducing postprandial (after-meal) blood sugar levels. Guar gum has also been shown to lower LDL cholesterol levels.<sup>29,43,44</sup>

**Carrageenan** (Irish moss extract), a source of soluble dietary fiber, has been shown to reduce blood sugar, blood cholesterol and lipid levels in humans.<sup>45</sup>

**Pea fiber** has been shown to reduce postprandial blood sugar levels, as well as lower total triglyceride and VLDL (very low-density lipoprotein) concentrations in humans.<sup>43,46</sup>

**Bamboo fiber** has been shown to reduce both serum total cholesterol and LDL cholesterol levels, as well as improve bowel function in healthy young women.<sup>47</sup>

**Stevia**, a South American plant commonly used as a natural sweetener, is considered to be 10-15 times sweeter than table sugar. Stevia does not affect blood sugar metabolism and may be safely used by both diabetics and hypoglycemics. Stevia contains virtually no calories.<sup>48-50</sup>

**Rice bran** is a rich source of vitamins, trace minerals, protein, healthy mono- and polyunsaturated fatty acids, and dietary fiber. Rice bran has demonstrated hypolipidemic (blood fat-lowering) properties.<sup>51-53</sup>

**Rice germ** contains 5 times more vitamin E than rice bran, and has been shown to inhibit experimentally-induced colorectal cancer in animals.<sup>53,54</sup>

**Plant enzyme blend** - Plant-derived enzymes help break down protein and nutrients so that they can be easily absorbed by the body.<sup>55</sup>

**Beta-glucans** are naturally occurring polysaccharides shown to stimulate the immune system and protect the body against infection. Beta-glucans have also been shown to decrease serum total cholesterol.<sup>56-58</sup>

**Blueberry powder** is a rich source of antioxidant compounds, including substances that demonstrate anti-cancer, antimicrobial and anti-inflammatory activity. Blueberries have also been shown to reverse age-related neurological deficits in animal studies.<sup>59-62</sup>

**Cranberry powder** is a rich source of antioxidant compounds, including substances that demonstrate anti-cancer, antimicrobial and anti-inflammatory activities. Research data also support a clinical benefit of cranberry in the prevention of recurrent urinary tract infections in women.<sup>60-63</sup>

**Broccoli powder** - Broccoli contains high levels of vitamins, minerals, antioxidants, and anticarcinogenic and cardioprotective compounds.<sup>64,65</sup>

**Carrot powder** - Carrot intake has been shown to increase antioxidant status and vitamin E levels, as well as reduce cholesterol and triglycerides in animal studies. Carrot intake has also been associated with a lower risk of death from cardiovascular disease in elderly men.<sup>66,67</sup>

**Grape skin extract** is a rich source of antioxidant substances, including resveratrol, which exhibits anti-aging, anti-cancer, anti-inflammatory, and cardioprotective effects.<sup>68,69</sup>

**Pomegranate powder** - Pomegranate is a rich source of antioxidants and provides anti-diabetic, anti-cancer and cardioprotective properties.<sup>70-72</sup>

**Ascorbic acid** (vitamin C) is essential for stimulating the immune system and has been shown to reduce the effects that some allergy-producing substances have on the body. Vitamin C also significantly decreases the risk of various cancers and degenerative and chronic diseases.<sup>73</sup>

**Lo han extract** - Lo han fruit is known for its intensely sweet flavor, owing to naturally-occurring substances that are approximately 300 times as sweet as sugar by weight. Lo han is often used as a natural, non-caloric sweetener.<sup>74,75</sup>

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