

# THE ALKALINE ADVANTAGE

WORLD'S HIGHEST SOURCE  
OF VEGETABLE PROTEIN

GLUTEN, DAIRY & GMO FREE



## 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. It's vital to kids' growth and development, and 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

*“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

# 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**

