

# VegaPro™

## Proprietary Vegan Protein Complex



Available in 14 servings

### Discussion

Adequate, good-quality protein helps the body sustain proper functioning. For instance, the amino acid supply (from dietary protein) is used to build functional proteins needed for healthy immune function and to produce the enzymes and hormones needed for metabolism, digestion, and other important processes like detoxification and bone remodeling.<sup>[1-4]</sup> XYMOGEN developed VegaPro to offer practitioners and patients a “clean,” unadulterated vegetable protein that enables a high level of protocol personalization.\*

**“Clean” Protein** VegaPro is an excellent choice of supplementary protein for vegans and those who are sensitive to sugar (including lactose), sweeteners, or flavorings.<sup>[5-7]</sup> It is also free of gluten. VegaPro provides protein from pea and rice sources, avoiding major food allergens including milk, egg, soy, and wheat. The pea protein in VegaPro is non-GMO and is naturally obtained by simple water extraction, keeping all the nutritional qualities intact.\*

**Flexible Formulation** Aside from providing clean, easily digestible vegetable protein, the advantage of VegaPro is its flexibility. While other protein supplements provide high levels of various micronutrients, making it difficult to add protein to a patient’s nutritional protocol, VegaPro is not enriched with extra micronutrients. Therefore, practitioners can design personalized protocols for their patients by directing them to add selected supplements to a VegaPro shake or take encapsulated or tableted micronutrient supplements along with VegaPro. Additionally, VegaPro can easily be added to any functional food formula—if added protein is desired—without the concern of getting too much of any micronutrient. Because this formula is free of sugars and flavorings, it can be added to any approved beverage; or it can be mixed with pure water for a mild, earthy, pea soup taste.\*

**Excellent Quality** Proteins for dietetic foods must provide good basic nutritional quality, which, in this case, means a high protein level, a well-balanced amino acid profile, and good digestibility. At 98% digestibility, pea protein is considered highly digestible and matches

## Clinical Applications

- » Provides Sugar-Free, Unadulterated Vegetable Protein for Broad Applications\*
- » Excellent for Those Sensitive to Sugar, Sweeteners, or Flavorings\*
- » Excellent for Those Sensitive to Gluten or Milk, Egg, or Soy Proteins\*
- » Can Be Used As Part of an Elimination Diet Protocol\*
- » Can Provide Additional Protein to Any Functional Food or Dietary Supplement Protocol\*
- » May Support Feelings of Hunger Satisfaction\*

*VegaPro™ is a sugar-free source of unadulterated vegetable protein sourced from non-GMO peas and rice, providing 17 grams of high-quality protein in every scoop. This flexible formula can be mixed with pure water or any beverage approved by your practitioner. Because it does not provide additional micronutrients, it can easily be added to any functional food formula, when additional protein is desired; or micronutrients can be mixed with VegaPro in accordance with recommendations by your practitioner. VegaPro is an excellent choice of supplementary protein for those who are sensitive to gluten; sugars, including lactose; sweeteners; or flavorings. Furthermore, the use of pea and rice proteins in VegaPro avoids major food allergens including milk, egg, soy, and wheat.*

that of beef, milk, and soy protein digestibility. The protein content of the pea protein features a well-balanced amino acid profile (listed on reverse side), including a high content of lysine, arginine, and branched-chain amino acids (leucine, isoleucine, and valine). Amino acid scoring provides a way to predict how efficiently protein will meet a person’s amino acid needs. Because pea protein alone is incomplete, combining it with rice protein makes VegaPro a complete protein with an amino acid score of 100%.\*

**Satisfaction: An Added Benefit of Increasing Protein Intake** Signals that originate from the gut, in response to mechanical (gastric distention) and chemical changes that occur after the ingestion of food, let us know when we’ve had enough to eat. Among the macronutrients, proteins have been identified as having the greatest impact in this regard. Actually, the effect of high-protein foods is not only observed immediately after their consumption by a stronger feeling of satisfaction but also at a later meal by supporting a lower food intake.\*<sup>[8]</sup>

**Added Amino Acids** L-Glutamine is an energy substrate for most cells—especially intestinal epithelial cells and immune cells. It is also an essential component for numerous metabolic functions.<sup>[9,10]</sup> Glycine, an inhibitory (calming) neurotransmitter, is an important constituent of collagen and a building block for other substances such as coenzyme A, nucleic acids, creatine phosphate, purines, bile, and other amino acids. Taurine is a derivative of sulfur-containing cysteine with many healthful clinical applications, including the support of stable cell membranes, cardiovascular health, glucose tolerance, detoxification, and bile salt synthesis.\*<sup>[11]</sup>

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## VegaPro™ Supplement Facts

Serving Size: 1 Scoop (about 21 g)  
 Servings Per Container: About 14

	Amount Per Serving	% Daily Value
Calories	80	
Total Fat	1 g	1% <sup>‡</sup>
Total Carbohydrate	1 g	<1% <sup>‡</sup>
Dietary Fiber	1 g	4%
Protein	17 g	
Iron (naturally occurring)	3 mg	17%
Sodium (naturally occurring)	300 mg	13%

<sup>‡</sup> Percent Daily Values are based on a 2,000 calorie diet.  
**Other Ingredients:** VegaPro™ (XYMOGEN's proprietary blend of pea protein isolate, taurine, rice protein concentrate, glycine, and L-glutamine).

**DIRECTIONS:** Blend, shake, or briskly stir one level scoop (21 g) into 8-12 oz room temperature or chilled, pure water; or use as directed by your healthcare practitioner.

Consult your healthcare practitioner prior to use. Individuals taking medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged.

**STORAGE:** Keep closed in a cool, dry place out of reach of children.

**DOES NOT CONTAIN:** Wheat, gluten, corn, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.

### Typical Amino Acid Profile Per Serving:

Alanine	890 mg	Methionine	230 mg
Arginine	1,790 mg	Phenylalanine	1,140 mg
Aspartic Acid	2,370 mg	Proline	930 mg
Cysteine	210 mg	Serine	1,090 mg
Glutamic Acid	3,480 mg	Taurine	500 mg
Glycine	910 mg	Threonine	800 mg
Histidine	520 mg	Tryptophan	210 mg
Isoleucine	930 mg	Tyrosine	790 mg
Leucine	1,730 mg	Valine	1,040 mg
Lysine	1,470 mg		



## References

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Additional references available upon request

All XYMOGEN® Formulas Meet or Exceed cGMP Quality Standards.

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