

WELL ALL PLANT PROTEIN POWDER IS THE BEST HIGH QUALITY PROTEIN

The soy, wheat and pea proteins are imported from the best manufacturers across the world that are quality conscious and supply proteins on regular basis without any variation in the quality.

Soy Protein Isolate: Contains Supro Isolated Soy Protein. Supro® is registered trademark of E.I. du Pont de Nemours and company or its affiliated companies. Imported from **Solae LLc., USA**

- Wheat Protein: Imported from **Belgium**
- Pea Protein Isolate: Imported from **France**

USAGE DIRECTIONS

1. Add 1 scoop (10g) to a glass of milk, soup, juice or any other liquid. Stir vigorously until well dispersed. Sweeteners and flavors can be added as per your taste.
2. For making protein rich shakes, add fresh / frozen fruits or your favourite flavour with Well All Plant Protein Powder and mix in a blender.
3. It can be added in almost every culinary preparation and food like roti, parantha, idli, dosa, curry, dal, pakora, laddoo, rabri, namakpara or baked items like cakes, biscuits, etc. since it is neutral in taste.



Suggested Use: 1 scoop (10g) three times a day

Storage: Store in a cool and dry place

NUTRITIONAL INFORMATION	APPROXIMATE COMPOSITION PER SERVING (10G)
ENERGY (kcal)	36.19
PROTEIN (g)	8.42
CARBOHYDRATES (g)	0.62
SUGAR (g)	0.00
FAT (g)	0.00

NUTRITIONAL INFORMATION	APPROXIMATE COMPOSITION PER SERVING (10G)
ESSENTIAL AMINO ACIDS	
ISOLEUCINE (mg)	361
LEUCINE (mg)	649
LYSINE (mg)	385
METHIONINE (& Cysteine) (mg)	279

NUTRITIONAL INFORMATION	APPROXIMATE COMPOSITION PER SERVING (10G)
ESSENTIAL AMINO ACIDS	
PHENYLALANINE (& Tyrosine) (mg)	1185
THREONINE (mg)	347
TRYPTOPHAN (mg)	186
VALINE (mg)	360
HISTIDINE (mg)	299

Disclaimer: Well All Plant Protein Powder provides good nutrition and is not intended to diagnose, treat, cure or prevent any disease. The information given herewith is not a medical advice for self treatment and is for educational purpose only. People with specific medical conditions are recommended to consult their doctors.

Not meant for children below 2 years.



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POWER OF TRI-BLEND
SOY, WHEAT & PEA PROTEINS
CHOLESTEROL & FAT FREE | LACTOSE FREE | 100% VEGETARIAN



#SochBadlo

WHY ARE PROTEINS IMPORTANT?

Proteins are a class of compounds found in every cell of the body. They are vital for the sustenance of life and are one of the most important nutrients required by the body. They form important component of muscles, bones, skin, hair and vital body fluids like blood. Proteins are necessary for growth and tissue repair. They regulate important metabolic processes in the body. Proteins also help in maintaining lean body, build muscle mass, satiating hunger and sustaining energy.

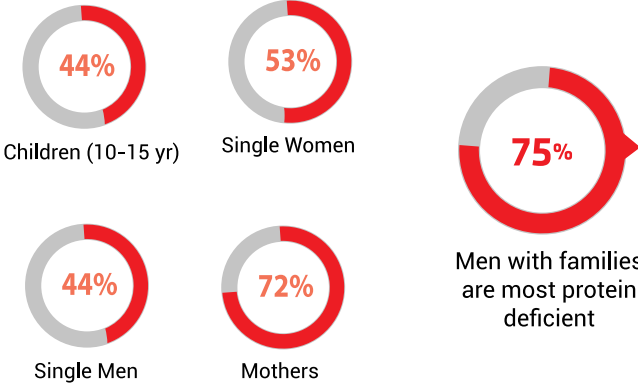
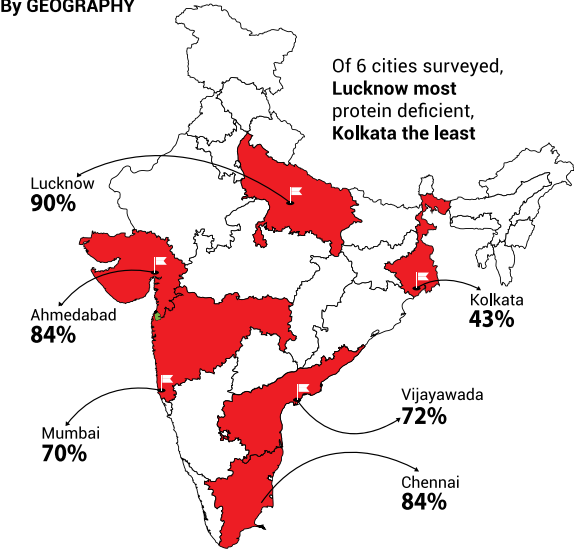
WHY DO I NEED TO CONSUME PROTEINS DAILY?

Our body goes through wear and tear every day and it uses proteins on regular basis .

The need of protein by our body is constant as it does not store excess protein, therefore daily intake is necessary.

INDIA HAS HIGH PROTEIN DEFICIENCY LEVELS

By GEOGRAPHY



Source: Study published in Times of India, 26th July 2017

WHO ALL NEED PROTEIN?

• **Growing child:** Essential for the overall growth and development. • **Adults:** Important for maintaining high energy levels all day. Additionally helps in building and rebuilding muscle mass as well as growing and repairing the cells. • **Elderly:** Vital to preserve lean muscle mass and strength thus aiding in a healthy lifestyle. • **Athletes/Sports Person:** For muscle mass development, muscle recovery strength and energy. • **Lactose intolerant people** • **Anyone in need of high protein diet.**



PROTEIN REQUIREMENT AS PER ICMR (INDIAN COUNCIL OF MEDICAL RESEARCH)

- An adult requires on an average 1g/kg body weight/day
- A child requires on an average 1.2g/kg body weight/day

Well
ALL PLANT PROTEIN POWDER

POWER OF TRI-BLEND SOY, WHEAT & PEA PROTEINS

CHOLESTEROL & FAT FREE | LACTOSE FREE | 100% VEGETARIAN

A PERFECT BLEND OF PROTEINS AND AMINO ACIDS FOR A HEALTHIER AND STRONGER YOU.



SOY PROTEIN ISOLATE

USFDA has determined that diets low in saturated fat and cholesterol that include 25g of soy protein a day may reduce the risk of heart disease. Helps in satiety and weight control, muscle recovery and muscle mass development, bone health & cognition*

*Information based on various studies and available on public domain



WHEAT PROTEIN

Has high Glutamine content and supports gut health, immune health, satiety and weight control, muscle recovery and muscle mass development*



PEA PROTEIN ISOLATE

Is rich in Arginine, branched chain amino acid, lysine, known for healthy blood circulation and energy production*

BENEFITS OF WELL ALL PLANT PROTEIN POWDER:

- ✓ High protein content of more than 84% derived from plant sources.
- ✓ One serving (10g) of Well All Plant Protein Powder provides 8.4g of high quality protein.
- ✓ Cholesterol free ✓ Fat free ✓ Lactose Free
- ✓ No added sugar, colours, flavours and preservatives
- ✓ 100% Vegetarian ✓ Easily Digestible ✓ Non-GMO**
- ✓ Naturally occurring soy isoflavones
- ✓ Free flowing and highly soluble in liquids without forming lumps.
- ✓ Neutral in taste such that it can easily be added to almost all food items and beverages.
- ✓ Retains its nutritive value even after cooked, baked, grilled, micro-waved, chilled or frozen

Well All Plant Protein Powder has a Protein Digestibility Corrected Amino Acid Score (PDCAAS) of 1.0, the highest score possible for a quality protein source as established by W.H.O.

**Genetically Modified Organisms



MRP: Rs. 2375
PACK SIZE: 500G CODE: FS5052

MRP: Rs. 1015
PACK SIZE: 200G CODE: FS5051