VEGAN PROTEIN BLEND

FDA cGMP Guaranteed, NSF GMP Registered, and NSF GMP Certified for Sport

Our unique 100% plant-based blend is a delicious, non-GMO, high-fiber functional food that is free of gluten, dairy, lactose, soy, and corn.

Discussion

Vegan Protein Blend is MCT Lean’s proprietary blend of pea protein isolate and rice protein concentrate, L-glutamine, glycine, taurine, and SGS™ broccoli seed extract. This broccoli seed extract is a super-vegetable boasting the highest level of glucoraphanin - enhancing cell detoxification through free radical elimination. Our blend also contains Aminogen®, a patented, natural, plant-derived enzyme system clinically proven to increase protein digestion and amino acid absorption - boosting nitrogen retention, aiding in the synthesis of muscle mass, and promoting deep muscle recovery.

Pea protein isolate features a well-balanced amino acid profile, including the highest lysine, arginine, and branched-chain amino acid (BCAA) content of all commercially available plant-based protein sources. Lysine speeds up muscle recovery time, while also playing a key role in muscle building and nitrogen level preservation. Arginine increases blood flow to allow muscles to receive nutrients and oxygen faster, thus promoting fat loss, encouraging lean muscle growth and development, and improving muscle recovery. BCAAs, which are absorbed directly into and metabolized quickly by muscle tissue, are essential for maintenance and growth.

Rice protein concentrate, popular among vegetarian athletes, contains a moderate supply of BCAAs and an amino acid profile that pairs well with pea protein.

Glutamine is important for replenishing amino acid stores, especially after exercise and periods of high stress. Glutamine also aids in intestinal cell proliferation, thereby preserving gut and intestinal health.

Glycine, an inhibitory (calming) neurotransmitter, is an important constituent of collagen, which supports skin health. It is also a building block for other substances such as CoA, nucleic acids, creatine phosphate, purines, bile, and other amino acids.

Taurine, a derivative of sulfur-containing cysteine, supports stable cell membranes, cardiovascular health, glucose tolerance, detoxification, and bile salt synthesis.

Inulin, from non-GMO chicory supports bone health by enhancing the absorption of calcium and magnesium, immune function by encouraging a healthy intestinal environment to benefit prebiotic intestinal flora, and digestion by promoting a healthy pH in the lower gastrointestinal tract. Additionally, it contributes to the normal development of epithelial tissue and has been shown to decrease serum VLDL levels.

Clinical Applications

- Contains **20g of protein**
- Contains MCTs that aid in weight loss & muscle maintenance
- Only **6 grams net carbs** per serving (Cocoa flavor. Vanilla has 7g)
- Supports the following:
  - Lean body composition
  - Immune health
  - Cardiovascular health
  - Healthy blood insulin/glucose levels
  - Gastrointestinal health

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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.

**Vegan Protein Blend**

* MCT Lean Vegan Protein Blend is a delicious 100% plant-based, non-GMO functional food meal replacement, a pre/post workout shake, or as directed by your healthcare practitioner.

**Nutrition Facts**

- **Serving Size:** 2 Scoops (39.9g)
- **Servings Per Container:** About 14

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong></td>
<td>160 Calories From Fat 20</td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>3g</td>
<td>5%</td>
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<tr>
<td><strong>Saturated Fat</strong></td>
<td>1g</td>
<td>5%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>Less than 25mg</td>
<td>Less than 2mg</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>360mg</td>
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<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>4g</td>
<td>4%</td>
</tr>
<tr>
<td><strong>Dietary Fiber</strong></td>
<td>4g</td>
<td>16%</td>
</tr>
<tr>
<td><strong>Total Sugars</strong></td>
<td>6g</td>
<td>-</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>20g</td>
<td>40%</td>
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**INGREDIENTS:** Vegan protein blend (pea protein isolate, glycine, Aminogen®, rice protein concentrate, taurine, and L-glutamine), organic evaporated cane juice, inulin, natural flavors, sunflower oil, medium-chain triglycerides, xanthan gum, potassium citrate, sodium chloride, SGS™ broccoli seed extract, and stevia leaf extract.

**Profile**

Typical Amino Acid Profile

- **Vanilla:** Alanine 979, Arginine 1975, Aspartic Acid 2608, Cysteine 229, Glutamic Acid 3818, Glycine 2932, Histidine 568, Isoleucine 1022, Leucine 1908, Lysine 1629, Methionine 255, Phenylalanine 1249, Proline 1022, Serine 1203, Threonine 885, Tryptophan 227, Tyrosine 866, Valine 1138

- **Chocolate:** Alanine 912, Arginine 1839, Aspartic Acid 2428, Cysteine 213, Glutamic Acid 3556, Glycine 2868, Histidine 529, Isoleucine 951, Leucine 1777, Lysine 1516, Methionine 238, Phenylalanine 1163, Proline 951, Serine 1120, Threonine 825, Tryptophan 211, Tyrosine 807, Valine 1060

**Suggested Use**

Mix two scoops (about 6 tablespoons) into 10 oz. of cold filtered water or plant-based milk alternative and enjoy. Use as a healthy snack alternative, an occasional meal replacement, a pre/post workout shake, or as directed by your healthcare practitioner. Visit our website at mctLean.com for some great tasting smoothie recipes.

Consult your healthcare practitioner before use. Keep out of reach of children.

**References**


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