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
MCT Lean Vegan Protein Blend

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.

Caffeine-free, lactose-free, corn protein & soy-free. Does not contain the following: wheat (gluten), dairy, yeast, sugar (except maltodextrin), MSG, artificial colors, flavors, or preservatives. Made in the USA.

Visit our website at mctLean.com for some great tasting smoothie recipes.

SUGGESTED USE:
Mix two scoops (about 5 tablespoons) into 10 oz. of cold filtered water or other beverage of choice. As a post workout shake, or as directed by healthcare practitioner before use. Keep out of reach of children.

References

* 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.