

适合大众认可的 低过敏原植物蛋白





















每份含

21党

蛋白质

●无大豆●



蛋白质是一种至关重要的营养 素,必须在我们的饮食中大量摄 入。蛋白质是我们身体所有细胞中 的主要成分,例如皮肤,毛发,肌肉

, 血液, 内脏等。 蛋白质由氨基酸链 组成,分为必需氨基酸和非必需氨基

酸。它由九种必需氨基酸组成,人体无 法自行合成,只能通过食物来摄取。其他非 必需氨基酸可以由人体自行合成,例如天冬氨酸,丙氨酸,精氨

我们为什么需要摄取蛋白质呢?

酸,半胱氨酸,甘氨酸等。

蛋白质是由氨基酸组成,有助于增加肌肉的质量和力 量。训练时会使肌纤维撕裂。氨基酸有助于修复受损的肌肉纤 维,使肌肉变得更大,更强壮。 因此,如果蛋白质摄取不足, 我们的身体将无法修复和增强肌肉。

维持肌肉量

我们的肌肉会随着年龄的增长而面临肌肉逐渐减少,这现象 被称为肌肉减少症。这病症会使老年人容易跌倒和患上骨折 的风险。 支链氨基酸 (BCAA) 是由缬氨酸,亮氨酸和异亮 氨酸组成,有效帮助预防肌肉减少症,特别是老年人。 摄 取足够的必需氨基酸的优质蛋白质并配合轻度锻炼,有助 于老年人增加肌肉质量和力量。

减轻肌肉酸痛

支链氨基酸可通过降低肌肉损伤,帮助减少运动后的肌 肉酸痛。根据研究表示,支链氨基酸有助于蛋白质在锻 炼的过程中分解,并降低肌肉损害水平。因此摄取支链 氨基酸可有效减少运动后肌肉酸痛,减少疲惫感和增 加肌肉合成。

体重管理

的过程。

吸取足够的蛋白质能帮助提高新陈代谢,增加饱腹感和抑制食 欲,从而减少摄取过多卡路里,达到减肥的功效。同时也能提供 人体所需的能量,又不会增加体重。

蛋白质对于合成纤维蛋白如胶原蛋白和角蛋白非常重要。胶原蛋白 5人体总蛋白大约30%,对皮肤紧致和弹性扮演重要的角色。角 蛋白存在于头发,皮肤和指甲中、是您日常美容的重要元素。实际上,超过80%的头发是由角蛋白制成的,它有助于保持头发的 强韧度和密度。因此,我们需要每天摄入足够的蛋白质来维持我 们的皮肤,指甲和头发的健康。

什么是中链甘油三酸酯?

MCT被称为中链甘油三酸酯。中 链甘油三酸酯油主要从椰子油中 提取。 由于中链甘油三酸酯油具 有短链结构,因此容易在人体中 被消化和吸收,并加快能量转换

✓ 优良的能量来源 ✓ 增强运动表现 ✔ 帮助控制体重 ✓维持认知能力健康

中链甘油三

酸酯油的好处

生酮饮食的小知识

生酮饮食法是低碳水化合物饮食方法,原始用于治疗癫痫症,如 今主要用于减轻体重,保持大脑健康和调整运动表现等。生酮饮 食法的主要原理是用脂肪来替换碳水化合物提供能量。采用生酮 饮食法,强迫消耗完体内的碳水化合物,然后让身体会快速燃烧 脂肪,提供能量,进入生酮状态。



的蛋白质 制成,豌豆的 胀气。

心脏健康 | 它是通过分离 || 根 据 临 床 研 |豌豆的蛋白质 || 究,豌豆蛋白 P含最低过敏 | 村维含量相对 | 疾病的风险D │ 较低,因此不 │ 素,例如降低 会引起腹胀或 | 胆固醇水平并 帮助降低血压

成人&老年人

- 享用高蛋白质以及重要的维生素和矿物质饮料有助于维持身体健康。
- 刺激肌肉生长和增强肌肉。 • 预防肌肉随衰老而流失并增强体力
- 高蛋白质来源促进人体成长。 • 含有重要的维生素和矿物质帮助提高免疫力。
- 提供健康的脂肪来源帮助脑部成长和确保荷尔蒙功能正常运作。

孕妇&哺乳妈妈

• 高蛋白质来源满足孕妇和哺乳妈妈每天所需的蛋白质。 ● 提供重要的营养如蛋白质,维生素和矿物质,帮助胎儿健康

您一天需要多少蛋白质呢? 各年龄层的每日蛋白质摄取表:

	蛋白质克 / 一日		孕妇的第 1-3 个月(+0.5
年龄	男	女	克), 第 4-6个月(+8 克)
1-6岁	12 - 16	12 – 16	第 7-9 个月(+25 克)。
7-12岁	23 - 30	23 - 30	哺乳期的第 1-6 个月需
13-17 岁	45 -51	42	加 19 克, 第7-12 个月需
18 - 59 岁	62	53	加13克。
≥60 岁	58	50	
22 str365; Adinistry of Month	h Malausia (2017) Do	oommonded Nutrien	t Intakes for Malaysia, National









原料:1根香蕉(使用冷冻香蕉味道会更好), 250毫升低脂牛奶,3匙 Jointwell 有机豌豆蛋白 做法:
① 将香蕉,低脂牛奶,和 Jointwell 有机豌豆蛋白加入搅拌机。
② 搅拌至顺滑状。
③ 如果奶昔太浓,可添加牛奶搅拌。
④ 搅拌后可直接食用。



JOINTWELL

• SLIMMING

• MEAL REPLACEMENT

• BUILD MUSCLE MASS

Organic

Pea Proteir

THE MOST

HYPOALLERGENIC PLANT-BASED PROTEIN Cholesterol.



MCT

oil

















Protein Per

Serving



WHAT IS PROTEIN?

Protein is an important amount in our diet. Protein is main component in all cells of ours body such as skin, hair, muscle, blood, organ and etc. Protein is made of amino acid chains and divided into essential amino acid and non-essential amino acid. It consists of nine "essential" amino acids

which cannot synthesis by our body and require intake from food. The other non-essential amino acids can be synthesis by our body such as aspartic acid, alanine, arginine, cysteine, glycine and etc.

WHY DO WE NEED PROTEIN

IN OUR DIET?

Build Lean Muscle

Amino acids are the building blocks of protein which play a key role in building lean muscle mass and strength. During exercise, tiny muscle fiber is torn. Amino acid help to repair these muscle fibers make the muscle grow bigger and stronger. If protein intake insufficient, our body is unable to repair and build muscles effectively.

Maintain Diminishing Muscle Mass

Most of us are facing loss of muscle as we getting older known as sarcopenia. It causes increase the risk of fall and broken bones for elder. Branched Chain Amino Acid (BCAA) comprises of valine, leucine & isoleucine is effectively preventing sarcopenia especially among elderly. Consume protein drink with essential amino acid combine with light exercise can help the elder to produce more muscle mass and strength.

Reduce Muscle Soreness

BCAA may help to relieve muscle soreness after exercise by reduce muscle damage. Various studies have been shown BCAA reduce the breakdown of protein during exercise and reduce the levels of indicator of muscle damage. Therefore, having BCAA can help to reduce soreness, muscle fatigue, and faster recovery after exercise.

Weight Management

Having sufficient protein aids in weight loss by increa

Beauty HealthProtein is important to synthesis the most abundant fibrous protein such as collagen and keratin. Collagen contains about 30% of total protein in our **Beauty Health**

oody which play an important role in skin firmness and elasticity. Keratin found in hair, skin and nail which make it as an essential element of your verall beauty routine. In fact, over 80% of hair is made of keratin, it ontributes largely to hair's strength and density. Therefore, we need to consume sufficient protein daily to maintain healthy skin, nail and hair.

WHAT IS MCT OIL?

MCT is known as medium-chain triglycerides. MCT oil is mainly extracted from coconut oil. Due to it short length structure, MCT oil can be digested and absorbed easily into our

body to speed up the process of

energy conversion.

MCT OIL BENEFITS ✓ Excellent source of energy ✓ Great for weight

✓ Support cognitive health

KETO-DIET TIPS The ketogenic diet is a low-carbohydrate diet that was originally used to treat epilepsy and is now used primarily to lose weight, maintain brain health and enhance exercise performance. The main principle of the ketogenic diet is to replace the carbohydrates with fat to provide energy. Ketogenic diet is to force the full utilization of carbohydrates in body, then the body would burn fat quickly to provide energy and enter the ketogenic state.

MOST HYPOALLERGENIC PROTEIN Pea protein powder is among the most hypoallergenic of all protein powders, as it contains no gluten, soy and dairy free. WHY WE EASY ON TUMMY PROTEIN

elatively low in fibre and does not cause bloating or

PROMOTE HEART HEALTH Based on clinical study, pea protein powder helps to reduce risk factor for health disease such as reduce holesterol level and helps to lower blood pressure

References: Li, H., Prairie, N., Udenigwe, C. C., Adebiyi, A. P., Tappia, P. S., Aukerna, H. M., ... & Aluko, R. E. (2011).
Blood pressure lowering effect of a pea protein hydrolysate in hypertensive rats and humans. Journal of agricultural and food chemistry, 59(18), 9854-9860.

SUITABLE FOR WHOLE FAMILY

This high protein drink is suitable for all ages including children, adult,

Adults & Elderly A high protein and essential vitamin & mineral maintaining general health.

 Essential for muscle growth and build muscle.
 Prevent muscle loss and increase stamina due to aging.

Children Children

• High protein source for their optimal growth. • Contain essential mineral & vitamin for boosts immunity.

• Provide healthy fats for their brain development and proper hormonal Pregnant & Breastfeeding Mother

 High protein source for their daily requirement for overall well-being.
 Droyida accordid priming. • Provide essential nutrient such as protein, vitamin and mineral for

HOW MANY PROTEINS REQUIRE DAILY?

12 - 16

23 - 30

3rd trimester (+25g).

Lactation on

1st trimester (+0.5g), 2nd trimester (+8g), Male

12 - 16

23 - 30

18 - 59 years 62 58 2nd six months (+13g). ≥60 years



1 - 6 years

7 - 12 years

13 - 17 years

INGREDIENTS: l banana (better taste by using frozen banana), 250 ml low fat milk , 3 scoops Jointwell Organic Pea Protein

INSTRUCTIONS: Add banana, low fat milk, and Jointwell Organic Pea Protein into blender. Blend until smooth If the shake is too thick, may add more milk

