

适合一家大小的高品质植物性蛋白质

•素食•



≧无麸质≦



•无胆固醇•



添加
大豆卵
磷脂

22种
重要的维生
素和矿物
质

每份含
22克
蛋白质

•无糖•



≧不含乳糖≦



什么是蛋白质？

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合成，例如天冬氨酸、丙氨酸、精氨酸、半胱氨酸、甘氨酸等。

我们为什么需要摄取蛋白质呢？

锻炼肌肉

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适度锻炼，有助于老年人增加肌肉质量和力量。

减轻肌肉酸痛

支链氨基酸可通过减少肌肉损伤，帮助减少运动后肌肉酸痛。根据研究表明，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

摄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。

养颜

蛋白质对于合成纤维蛋白如胶原蛋白和角蛋白非常重要。胶原蛋白占人体总蛋白的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，是维持日常美容的重要元素。实际上，超过90%的头发是由角蛋白制成的。它有助于保持头发的强度和密度。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。

什么是大豆卵磷脂？

大豆卵磷脂是由大豆油提炼而成的磷脂和其它非磷脂的混合物。

大豆卵磷脂的功效

心脏健康

大豆卵磷脂含有丰富的亚油酸，是一种必需脂肪酸。它含有不饱和和欧米茄6脂肪酸，可降低胆固醇，以促进心脏健康。

脑部健康

脑细胞膜主要由磷脂构成的，磷脂水平会随着年龄而减少。大豆卵磷脂富含高磷脂，补充磷脂摄取能增强大脑活力，修复受损的脑细胞，改善记忆力和提高学习能力。

神经细胞健康

大豆卵磷脂是胆碱和肌醇的来源，属于必需营养素。胆碱是乙酰胆碱的主要成分，一种重要的神经递质，参与各种神经系统的功能如记忆、肌肉运动和心跳等。肌醇则是细胞膜的主要成分，主要作为细胞信号传导。

为什么选择大豆蛋白？

大豆是高品质植物蛋白

大豆蛋白的蛋白质消化率校正氨基酸评分(PDCAAS)为1.00，是所有植物的蛋白质中最高的评分。因此，大豆蛋白是高品质蛋白质来源，是一家大小最佳选择。

帮助降低胆固醇

根据马来西亚卫生部的建议，每天摄取25克的大豆蛋白有助于降低血液里的胆固醇水平。大豆蛋白有助于减少胆固醇，同时能维持好胆固醇的水平。



Jointwell 大豆蛋白可用于：

- 代餐（如：早餐、午餐和晚餐）
- 可加入肌肉训练或训练的饮食计划
- 可加入日常饮食，如早餐谷粮，以增加每日蛋白质摄入量。

适合一家大小饮用

高蛋白饮料适合所有年龄层，包括儿童、成人、老年人、孕妇和哺乳的妈妈。

成人&老年人

- 享用高蛋白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。

儿童

- 高蛋白来源促进人体成长。
- 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，帮助胎儿健康成长。

您一天需要多少蛋白质呢？

各年龄层的每日蛋白质摄取表：

年龄	蛋白质摄取量	
	男	女
1-6岁	12-16	12-16
7-12岁	23-30	23-30
13-17岁	45-51	42
18-59岁	62	53
≥60岁	58	50

资料来源: Ministry of Health Malaysia (2017). Recommended Nutrient Intakes for Malaysia. National Coordinating Committee on Food and Nutrition (NCCFN). Ministry of Health Malaysia. pg.520

服用方式

7匙 (大约30克) 的 Jointwell 大豆蛋白 + 200毫升的 温水、牛奶或果汁 + 搅拌均匀或摇至顺滑

香蕉大豆蛋白奶昔

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 大豆蛋白
做法:
①将香蕉、低脂牛奶、和 Jointwell 大豆蛋白加入搅拌机。
②搅拌均匀至顺滑。
③如果奶昔太浓，可添加牛奶搅拌。
④搅拌均匀后可直接食用。



◦ SLIMMING

◦ MEAL REPLACEMENT

◦ BUILD MUSCLE MASS



HIGH QUALITY PLANT-BASED PROTEIN FOR WHOLE FAMILY

•Vegetarian•



≧Gluten Free≦



•Cholesterol Free•



Enhance with
Soy Lecithin

22 Essential
Vitamin & Mineral

21g Protein
Per Serving

•Sugar Free•



≧Lactose Free≦



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Email: sales@my-jointwell.com Website: www.my-jointwell.com
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WHAT IS PROTEIN?

Protein is an important macronutrient which required in large amount in our diet. Protein is main component in all cells of our 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.

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 is 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.

Beauty Health

Protein is important to synthesis the most abundant fibrous protein such as collagen and keratin. Collagen contains about 30 % of total protein in our body which play an important role in skin firmness and elasticity. Keratin is found in hair, skin and nail which make it as an essential element of your overall beauty routine. In fact, over 80% of hair is made of keratin, it contributes largely to hair's strength and density. Therefore, we need to intake sufficient of protein daily to maintain our healthy skin, nail and hair.

Weight Management

Having sufficient protein aids in weight loss by increasing metabolism and provide satiety with reduce appetite lead. This can help to reduce overall calorie intake while boosting your energy without increase weight.

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.

WHAT IS SOY LECITHIN?

Soy lecithin is a mixture of phospholipids and others non-phospholipid compounds that are extracted from soybean oil.

SOY LECITHIN BENEFIT

Heart Health

Soy Lecithin is a good source of linoleic acid, essential fatty acid which is a polyunsaturated omega-6 fatty acid that contributes to heart health by lowering cholesterol level.

Brain Health

Brain cell membranes are rich in phospholipid; however, it will decline with aging. Soy lecithin provides high phospholipid that play a critical role in the function of brain such as repairing damage brain cells, improve memory and learning.

Nerve Cell Health

Soy Lecithin is an excellent source of choline and inositol, two essential nutrients. Choline is needed to produce acetylcholine, an important neurotransmitter that involved in memory, muscle movement, heartbeat and other nervous system functions. Inositol contributes to cell membranes structure to its role in neurotransmitter signalling.

WHY WE CHOOSE SOY PROTEIN?

Soy is High-Quality Plant Protein

The protein digestibility-corrected amino acid score (PDCAAS) of soy protein is 1.00 which is the highest score among all plant-based protein. It means soy protein is a high-quality protein that meets the needs of both children and adults.

Key to Lowering Bad Cholesterol
According to the Ministry of Health Malaysia, soy protein has lowering effect on the blood cholesterol by having 25 g of soy protein per day. Soy protein helps to reduce bad cholesterol in our body without affecting the level of good cholesterol.

资料来源: Ministry of Health Malaysia (2017). Recommended Nutrient Intakes for Malaysia. National Coordinating Committee on Food and Nutrition (NCCFN). Ministry of Health Malaysia. pg.520



Jointwell Nutrition Mixed Soy Protein can use as:

- Meal replacement for breakfast, lunch or dinner.
- Add in diet plan for exercise or training program.
- Add in daily meal such as breakfast cereal to increase protein intake.

SUITABLE FOR WHOLE FAMILY

This high protein drink is suitable for all ages including children, adult, elder, pregnant and breastfeeding mothers.

Adults & Elderly

- A high protein and essential vitamin & mineral beverage for maintaining general health.
- Essential for muscle growth and build muscle.
- Prevent muscle loss and increase stamina due to aging.

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 functions.

Pregnant & Breastfeeding Mother

- High protein source for their daily requirement for overall well-being.
- Provide essential nutrient such as protein, vitamin and mineral for fetus's development.

HOW MANY PROTEINS REQUIRE DAILY?

The recommended daily protein intake as below:

Age	Protein g / day	
	Male	Female
1-6 years	12-16	12-16
7-12 years	23-30	23-30
13-17 years	45-51	42
18-59 years	62	53
≥60 years	58	50

Source: Ministry of Health Malaysia (2017). Recommended Nutrient Intakes for Malaysia. National Coordinating Committee on Food and Nutrition (NCCFN). Ministry of Health Malaysia. pg.520

DIRECTIONS FOR USE

x7 Add 7 scoops (about 30g) of Jointwell Soy Protein + 200 ml of warm water, milk, or juice + mix / or shake until smooth.

BANANA PEA PROTEIN SHAKE

INGREDIENTS:
1 banana (better taste by using frozen banana), 250 ml low fat milk, 3 scoops Jointwell Soy Protein
INSTRUCTIONS:
① Add banana, low fat milk, and Jointwell Soy Protein into blender.
② Blend until smooth.
③ If the shake is too thick, may add more milk to blend.
④ Served.



◦ 瘦身

◦ 代餐

◦ 增加肌肉

