

# 适合一家大小的 高品质植物性蛋白质



添加

火豆卵

磷脂















--不含乳糖--



●无胆固醇●

每份含

22 党

蛋白质

# 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?

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

支链氨基酸可通过减少肌肉损伤,帮助减少运动后肌肉 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

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度和密度。因此,我们需要每天摄入足够的蛋白质来维持我的效果,是网络原 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 `

人员顺德指含有丰富的亚油酸,是一种必需脂肪酸。它含有不饱和欧米茄6脂肪酸,可降低胆固醇,以促进心脏健康。

# 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

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

帮助降低坏胆固醇 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坏胆固醇,同时



Jointwell 大豆蛋白可用于:

◆ 代餐(如:早餐,午餐和晚餐)◆ 可加入肌肉银炼或训练的饮食计划◆ 可加入日常饮食,如早餐谷粮,以增加每日蛋白质摄取量。

### 适合一家大小饮用

高蛋白质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

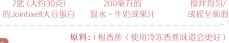
### 您一天需要多少蛋白质呢?

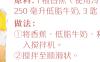
#### 各年龄层的每日蛋白质摄取表: 孕妇的第 1-3 个月(+0.5 第 7-9 个日(+25 克)。 1-6岁 哺乳期的第 1-6 个月需 23 - 30 7-12岁 加 19 克, 第7-12 个月需 18 - 59 岁 62 58 53 50 加13克。 ≥60岁











250 毫升低脂牛奶, 3 匙 Jointwell 大豆蛋白 ①将香蕉,低脂牛奶,和 Jointwell 大豆蛋白加

搅拌均匀

或摇至顺滑。

③如果奶昔太浓,可添加牛奶搅拌。 ④搅拌后可直接食用。





### HIGH QUALITY PLANT-BASED PROTEIN FOR WHOLE FAMILY





















# WHAT IS **PROTEIN?**

which required in large 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 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 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 nealth 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,

## Nerve Cell Health

utrients. Choline is needed to produce acetylcholine, an important neurotransmitter that involved in memory, muscle movement, neartbeat 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

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.

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.

# SUITABLE FOR WHOLE FAMILY

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

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

Pregnant & Breastfeeding Mother h protein source for their daily requirement for overall well-being. vide essential nutrient such as protein, vitamin and mineral for fetus's development.

## HOW MANY PROTEINS REQUIRE DAILY? Pregnancy on

Age	Male	Female	1st trimester (+0.5g),
1 - 6 years	12 - 16	12 - 16	2nd trimester (+8g), 3rd trimester (+25g). <b>Lactation</b> on 1st six months (+19g), 2nd six months (+13q).
7 - 12 years	23 - 30	23 - 30	
13 - 17 years	45 -51	42	
18 - 59 years	62	53	
\ ≥60 years	58	50	

# DIRECTIONS FOR USE







INGREDIENTS: 250 ml low fat milk, 3 scoops Jointwell Soy

INSTRUCTIONS: Add banana, low fat milk, and Jointwell Soy

Blend until smooth. If the shake is too thick, may add more milk

4 Served.

