

# Protein shake for optimal nutrition and health management

A daily nutritional supplement, it can be used as breakfast or included in any health management - drink 1 pack each on an empty stomach in the morning and evening. Contain high quality ingredients, phytonutrients and easy to absorb. Each 16 grams sachet contains pure whey protein, complete plant protein (pea protein + brown rice protein + soy protein), matcha, flaxseed, pumpkin seeds, inulin (chicory fiber) and β-glucan etc. It is also rich in a variety of vitamins, minerals and fruiting body essences like maitake mushrooms and shiitake mushrooms.

# Why is Protein important?

Protein is essential to good health. The very origin of the word — from the Greek protos, meaning "first" — reflects protein's top-shelf status in human nutrition. It is a major component of every cell in our bodies and the building blocks of proteins are called amino acids. Proteins help give structure to our cells and are important in cell growth, repair and maintenance. Proteins can also serve as an energy source.



Carefully selected pure whey protein + variety of plant proteins = 16 grams

Complete protein (contains BCAA -Branched Chain Amino Acids)



Matcha, plant nutritional essence, inulin (water soluble fiber), Beta-glucan, dietary fiber



Rich in multivitamins (A, C, E, B1, B2), and other B complex, vitamin D, various nutrients, calcium, various minerals like selenium and zinc



No trans fat, no added sugar, no monomers Saturated fat, low sugar



Lacto-vegetarian



Zero cholesterol













IN PROTEIN MULTIVITAMIN / MINERA

#### **PSF83+Production**

# **Your Wellness Companion**

### **Suitable for**

# Vacuum Freeze **Drying Tech**



- First used in the production of "space food". Low freezing temperature, vacuum drying, and ice crystal sublimation of fresh ingredients to maximize the retention of nutrients, vitamins, minerals, dietary fiber, flavor, color and shape.
- This technology has low water content and good rehydration properties. Ingredients can be restored to their freshest state. retaining the nutritional value and original flavor of the food.
- ✓ This technology also allows PSF83+ to be stored longer and less likely to deteriorate without adding preservatives.

## Microencapsulation Technology

Isolation nucleus Coating

PSF83+ microcapsule technology embeds the beneficial nutrients to ensure that the nutrients can withstand strong acid and be safely delivered to the digestive tract for absorption.

### **Low Temperature Extraction**



Nutrients from fruits and vegetables in daily meals are largely lost due to high-temperature cooking or prolonged storage, making it difficult for the human body to absorb. PSF83+ low-temperature extraction technology can effectively extract the nutrients in the ingredients, preventing the nutritional active substances from deterioration and oxidation.

\*\*\*When consuming PSF83+, it is recommended to use water at temperature of 40°C. Do not use boiling hot water as it will destroy the natural active nutrients.





























#### When to consume PSF83+









before exercise

within half an hour after exercise

1 hour before sleep

Before breakfast / dinner or between meals

## easy# (1 2)











Add one sachet of PSF83+



Shake cup or stir well and drink

