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## ALL PLANT PROTEIN - FREQUENTLY ASKED QUESTIONS



### 1. What is this product?

NUTRILITE™ All Plant Protein is a high quality protein supplement from three plant sources.

### 2. Who may benefit from consuming this product?

Adults who are interested in maintaining a strong healthy body will benefit the most from this product. NUTRILITE™ All Plant Protein is a plant-based source of high quality protein that can be used to replace higher fat animal proteins in the diet.

### 3. What are potential benefits for using this product as recommended?

NUTRILITE™ All Plant Protein contains a unique tri-blend of soy, wheat, and pea protein to give you the right combination of amino acids to keep you feeling healthy and energetic, without animal products or dairy side effects.

### 4. How does this product work?

NUTRILITE™ All Plant Protein provides high quality protein which means it contains adequate amounts of all of the essential amino acids in a form your body can use for growth, maintenance, and repair of tissues.

One 10 gram serving of NUTRILITE All Plant Protein provides 8 grams of high quality protein

One 12 gram serving of NUTRILITE All Plant Protein provides 10 grams of high quality protein

### 5. Why was 8 (or 10) grams per serving of protein chosen for this product?

This product was formulated to supplement a healthy diet with additional protein whilst maintaining good taste and texture. Depending on their height, weight and activity level, most people should consume about 50-100 g of protein per day for general health. This product supplies about 10-15% of a person's daily protein need

### 6. What is the purpose for combining the active ingredients together in this product?

The unique tri-blend of soy, wheat, and pea is combined together to provide the highest quality of protein that is also:

- All plant – vegetarian friendly
- Low fat
- Cholesterol free
- Lactose free

### 7. What scientific evidence is there to support this product?

- Dietary protein is required for growth, maintenance, and repair of tissues. NUTRILITE™ All Plant Protein has a protein digestibility corrected amino acid score of one (PDCAAS = 1) which means it provides the highest quality protein and the necessary amino acids to help maintain muscle mass and prevent muscle weakness and fatigue.
- Several studies have reported that eating 25-30% of your daily calories as protein can reduce appetite and control hunger. Adding a serving of NUTRILITE All Plant Protein to one or more of your meals or as a snack may be helpful for your weight management efforts.
- NUTRILITE All Plant Protein also supports heart health, especially when used to replace higher fat sources of protein in the diet.
- At this time, Nutrilite has not completed any clinical studies of the All Plant Protein product.

### 8. Why was a new formula developed? How is it different/better from the original formula?

We took a great product and made it better. NUTRILITE™ All Plant Protein provides all of the health benefits of NUTRILITE Adult Protein Powder. We improved the product so that it provides protein from a variety of plant sources which better supports the Nutrilite philosophy of choosing a variety of plant-based foods for your diet. Because the protein is from all plant sources, the product is vegetarian and lactose free so now more people can enjoy its benefits.

**9. How does this product fit into the marketing product portfolio?**

- NUTRILITE™ All Plant Protein is a convenient way to replenish your body's protein regularly, without animal or dairy products.
- Protein is essential for maintaining a healthy and strong body.
- Protein helps build muscle tissue minimise muscle fatigue and supports the right balance of amino acids.
- While animal proteins are a well known source of protein, they often contain bad fats and cholesterol.
- Dairy products also provide protein, but they can cause digestive side effects.

**What are the key selling points for this product?**

NUTRILITE™ All Plant Protein Tri-Blend formula provides the optimal amino acid profile needed to support good health. It's: 1) lactose free; 2) cholesterol free; 3) low fat.

## Product Usage Information

**10. How should this product be taken? Should it be taken on an empty stomach or with food?**

Please consult the product label for specific serving instructions in each market. NUTRILITE™ All Plant Protein can be mixed with your favourite beverage or into food as needed to supply a high quality source of protein in the diet. It can be used with a meal or as a snack. It can be consumed as one serving per day up to a maximum of four servings per day, unless otherwise recommended by your dietician.

**11. Is this product recommended for pregnant women or nursing mothers? If so what is the recommended serving?**

This product may be consumed by pregnant women or nursing mothers, with their doctor's approval.

**12. Is this product recommended for children? If so, what is the recommended serving?**

This product may be consumed by children upon consultation with their doctor.

In children, appropriate consumption of soy protein in quantities less than 25 g per day is considered beneficial.

*This product is not recommended for infants.*

**13. Are there any other physical states/conditions for which use of this product is contraindicated?**

- **Allergies:** People allergic to soy, wheat, or peas should not consume this product.
- **Gluten intolerance:** Due to the presence of wheat protein, this product should not be consumed by people who are sensitive to gluten.
- **History of breast cancer:** Women who have are or are susceptible to breast cancer should not consume high doses of soy isoflavones, ie 60-80mg day. One serving of NUTRILITE™ All Plant Protein contains between 7-26 mg isoflavones. Any woman with a personal or family history of breast cancer should consult her doctor prior to supplementing with soy protein.
- **Endometriosis:** Women suffering with endometriosis should not take soya based foods or supplements without first discussing it with their doctor

**14. Are there any potential side effects from taking this product?**

There are no known side effects from taking this product. Minor gastrointestinal discomfort may occur in people who do not readily digest protein products. Though rare, allergic reactions are also a possibility.

**15. Do any of the ingredients in this product exceed the upper level?**

(Upper Levels are the maximal level of intake that is considered safe.)

Upper levels have not been established for protein. The amount of protein in the NUTRILITE™ All Plant Protein product falls within what can be consumed as part of a healthy diet.

**16. Are there known foods or nutrients that may interact with this product?**

There are no known foods/compounds that may inhibit or potentiate the absorption/ utilisation of this product.

**17. Can this product be taken with other dietary supplements?**

This product may be taken with other dietary supplements as long as the suggested use for each relevant product is carefully followed.

**18. Are there any interactions between this product and certain medications?**

Though this product has not been tested for any interactions with prescription medication, possible interactions with the soy protein isolate are not ruled out. Please consult with a doctor or your pharmacist for further advice.

**19. Can you take this product after it has expired?**

No. The sensory characteristics such as flavour, odour, and texture are not guaranteed past the expiration date.

**20. What environmental conditions may adversely affect this product?**

The sensory quality of this product may be affected by environmental conditions such as exposure to heat, air, and moisture. Because this is not a nutrient-fortified product, exposure to these conditions is not expected to affect nutrient content or quality.

**21. What is the biological value, protein efficiency ratio, and true digestibility of NUTRILITE™ All Plant Protein?**

The biological value (BV) and protein efficiency ratio (PER) for NUTRILITE All Plant Protein have not been measured. The Food and Agricultural Organisation (FAO) and World Health Organisation (WHO) have adopted the use of the Protein Digestibility Corrected Amino Acid Score (PDCAAS) as the preferred method for measuring protein value in human nutrition. To calculate the PDCAAS of a protein source, the amino acid score (AAS) is multiplied by the percent true digestibility. Based on this measurement, NUTRILITE All Plant Protein has a PDCAAS = 1 which is the highest attainable value.

**22. Is the soy isolate used in NUTRILITE™ All Plant Protein denatured? If so, how does this impact nutrient content?**

Yes. The soy isolate used in NUTRILITE All Plant Protein is denatured. The protein remains high quality with no negative impact to the nutritional value.

Denaturing separates the nutrient rich soy protein from the insoluble fibre.

**23. Why is the amount of some of the amino acids lower than the previous product?**

The amount of individual amino acids is different from the previous protein powder formula because the sources of protein are different. The amount of individual amino acids also varies from test-to-test. In fact, numbers can vary up to 30%. This is due to natural variation within the product itself as well as analytical variation associated with the test methods.

Because of the variation, an individual amino acid profile for any given protein product is only meant as a guide and is not intended to be a 100% accurate number.

Through repeated testing, we have confirmed that NUTRILITE™ All Plant Protein is an excellent source of protein with total amino acid quality equal to that of the previous product.

**24. Why are only nine amino acids included on the product label?**

There are 20 naturally occurring amino acids that are used by the human body. Of those 20, only nine are considered to be *essential*, meaning they cannot be made by the body and must be consumed on a regular basis. The remaining 11 amino acids can be made by the body and are thus considered nonessential

These essential amino acids are:

1. Phenylalanine
2. Valine
3. Threonine
4. Methionine
5. Tryptophan
6. Histidine
7. Isoleucine
8. Leucine
9. Lysine

**25. Does NUTRILITE™ All Plant Protein contain taurine?**

Taurine is a non-essential amino acid that is found primarily in seafood and meat. NUTRILITE All Plant Protein has not been tested for the presence of taurine and we do not expect that it is a significant source of this amino acid.

**26. What is the level of isoflavones in NUTRILITE™ All Plant Protein?**

Due to natural variation, the soy protein isolate found in NUTRILITE All Plant Protein contains 1-3 mg of isoflavones per gram of protein. This level is similar to that provided by NUTRILITE Adult Protein Powder.

**27. Does NUTRILITE™ All Plant Protein contain other phytonutrients besides isoflavones?**

Isoflavones are the primary phytonutrients present in NUTRILITE All Plant Protein. All plants, including soy, wheat and pea, contain phytonutrients. However, there is always variability in terms of the level present as well as the analytical methodology used to measure them. For this reason, we are not able to quantify levels in many NUTRILITE products and are only able to provide a range for the isoflavones present in this product.

**28. What is the Potassium & Phosphorous Content of NUTRILITE™ All Plant Protein?**

We do not control nor regulate the amount of potassium or phosphorous in NUTRILITE All Plant Protein so the amount present will vary due to natural variation within the plant materials. On average, one 10 g serving of NUTRILITE All Plant Protein will contain about 15 mg of potassium and 90 mg of phosphorus.

**29. Is NUTRILITE™ All Plant Protein appropriate for use by athletes?**

The estimated protein requirement is higher for exercising individuals and athletes due to an increased need for repairing and rebuilding muscle. Some common recommendations are:

- Sedentary Adult: 0.8-1.0 g/kg body weight
- Endurance Athlete: 1.2-1.4 g/kg body weight
- Strength Athlete: 1.2-1.7 g/kg body weight

Some athletes prefer to supplement their diet with whey protein because it is more rapidly emptied from the stomach resulting in a faster rise in plasma amino acids and protein synthesis. This characteristic makes whey protein especially desirable *immediately before or following* exercise. *However, to maintain protein synthesis throughout the day*, a person should also balance their intake with other dietary proteins for which NUTRILITE All Plant Protein is an excellent option

**30. What is the purine content of NUTRILITE™ All Plant Protein?**

Soybeans are considered to be moderately high (50-150 mg/100g) in purines. Based on information from the supplier of our soy protein, one serving of NUTRILITE All Plant Protein should contain less than 15 mg of purines.

**People with gout should consult their doctor for further advice.**

**31. I have read that soybeans contain ingredients that may interfere with the absorption of vitamins and minerals. Does NUTRILITE™ All Plant Protein contain these “anti-nutritionals”?**

“Anti-nutrient” compounds are naturally present in soybeans. However, the soy protein found in NUTRILITE All Plant Protein, while derived from raw soybeans, is treated with a delicate heating process. Soy protein isolate is prepared through water extraction and minimum heat on soy flakes. The gentle process of extraction preserves the form of the protein while helping to extract anti-nutritional components such as oxylate and phytate. These compounds are water soluble and thus removed with the processing of the protein.

**32. Is consuming too much NUTRILITE™ All Plant Protein bad for my kidneys?**

Therapeutic guidelines for people with kidney problems typically include a protein restriction. However in healthy people, there is no evidence to suggest that a high protein intake adversely affects the kidneys. Consumption of up to 2 g/kg body weight has been shown to be safe for healthy people. If you suffer with kidney problems, or are in doubt, you should consult your doctor.

**33. Will consuming NUTRILITE™ All Plant Protein negatively affect male hormone levels?**

For healthy people, collective scientific studies indicate that dietary levels of soy protein do not significantly impact male hormone levels. NUTRILITE All Plant Protein contains 8 grams of soy protein per 10 gram serving which falls within a moderate dietary level.

Soy contains isoflavones that are “phytoestrogens” and have some similarity with estrogens but they act differently than oestrogen hormone in the body. There are no human studies at this time to show that consuming soy can change testosterone levels, sperm counts or quality or penis anatomy in men. Consumption of 40-70 mg/day soy isoflavones in 2-4 servings of soy foods has not been shown to affect testosterone or oestrogen levels in men and women.

**34. Are any of the ingredients in NUTRILITE™ All Plant Protein grown on Nutrilite farms?**

None of the ingredients in NUTRILITE All Plant Protein are grown on Nutrilite farms.

**35. Why is NUTRILITE™ All Plant Protein not 100% protein?**

The soy, wheat, and pea protein ingredients are not 100% protein and may contain naturally occurring fat, moisture, carbohydrate, and minerals. The specific amount of each ingredient is considered proprietary information.

**36. Does NUTRILITE™ All Plant Protein contain lecithin?**

NUTRILITE All Plant Protein contains lecithin extracted from soybeans.

**37. Can NUTRILITE™ All Plant Protein be incorporated into foods and beverages?**

NUTRILITE All Plant Protein can be incorporated into foods and beverages according to taste and texture preference. Mixing with warm/hot liquids will not adversely affect the function of NUTRILITE All Plant Protein. However, exposure to high heat for long periods of time (as would occur in cooking) can start to denature the protein and potentially affect some quality aspects of the product. However, any nutritional deterioration of the protein would only be comparable to what occurs with any protein when it is cooked.

**38. Why is there more head space in the NUTRILITE™ All Plant Protein canister?**

The height of the NUTRILITE All Plant Protein canister has been increased in order to proactively adjust for variations that may occur with raw material density. This product is sold by weight, not volume. Any variations in how much the product settles during shipping and handling will affect only the volume and headspace. The weight of the NUTRILITE All Plant Protein product remains the same despite these variations.

**39. Why does NUTRILITE™ All Plant Protein contain silicon dioxide?**

Silicon dioxide is present in NUTRILITE All Plant Protein as a processing aid. We add a small amount to ensure the protein powder flows through our processing/packaging equipment without clumping up. The Joint Expert Committee on Food Additives (WHO/FAO), which

advises national governments in setting food safety standards, has evaluated silicon dioxide and concluded that it is of no concern with respect to human health at the levels used in food and supplement products.

**40. Why is the shelf life of NUTRILITE™ All Plant Protein 24 months compared to 36 months for the previous NUTRILITE Adult Protein Powder Product?**

The stability of the two protein powder products is very similar. What has changed is that we now have advanced capabilities and more stringent criteria to assess the sensory characteristics of the product over time. What we know is that for any product, sensory characteristics of the product may gradually degrade. Since we don't have real time stability data for NUTRILITE All Plant Protein, we are not able to state that the product will meet our standards for taste and aroma for a 3 year shelf-life. For this reason, we have decided to assign a shorter shelf life to ensure that our consumers receive product that is fresh and of the highest quality.

**41. What is the glycemic index of NUTRILITE™ All Plant Protein?**

We have not measured the glycemic index of NUTRILITE All Plant Protein so we can not make a claim that it is a "low glycemic index" product. However, NUTRILITE All Plant Protein is low in carbohydrate and an appropriate choice for people who are trying to manage their blood sugar. Please refer to your doctor for further advice.

**42. How do we verify that we use non-genetically modified soybeans?**

We follow the European Union standard for providing non-genetically modified ingredients. The supplier of our soy protein isolate has a stringent quality control system in place to ensure they provide us with non-genetically soybeans. We also ensure this requirement is being met by using a test known as polymerase chain reaction, or PCR testing. This advanced methodology can test for the presence of genetically modified DNA.

**43. Why does NUTRILITE™ All Plant Protein contain less calcium than the previous NUTRILITE Adult Protein Powder Product?**

NUTRILITE Adult Protein Powder contained a higher amount of calcium due to the presence of milk protein concentrate. NUTRILITE All Plant Protein only contains a small amount of calcium that is naturally present in soy.