



PURE PALEOCOMPLETE

BONE BROTH PROTEIN

NATURAL CHOCOLATE FLAVOUR | 510 G POWDER | NPN80074292 | PPMCHC-CN
NATURAL VANILLA FLAVOUR | 480 G POWDER | NPN80074292 | PPMVAN-CN

Pure PaleoComplete is a nutrient-dense protein powder with complete protein, quality fats, a very low glycemic impact, and nutrients that are predominantly in their bioidentical forms. Pure PaleoComplete is available in either a delicious chocolate or vanilla flavour and features HydroBEEF™, a highly concentrated beef protein produced through an exclusive hydrolysis and ultra-filtration process that enables the protein to be hydrolyzed or “split” into a high concentration of functional peptides. Delivering protein in the form of peptides allows for faster absorption and assimilation.

INGREDIENT HIGHLIGHTS

- Provides optimal intake of protein, fats, carbohydrates, vitamins, and minerals
- Protein nitrogen score of 101.5, indicating high protein usability
- Nutrients in highly bioavailable and bioactive forms
- Does not contain gluten, dairy, soy, or GMOs
- Grain-free and free of hormones and antibiotics
- Stevia sweetened and free of sucrose, fructose, and artificial sweeteners

HydroBEEF™ protein is a highly concentrated beef protein sourced from animals raised in Sweden without hormones that were fed a diet entirely free of GMO grains, grasses, hay, and/or ensilage. It has a high protein nitrogen score, which correlates to enhanced digestion and bioavailability. Beef protein is a complete protein containing all the essential amino acids.¹ Adequate protein consumption provides the amino acids, including the essential amino acids, required for protein synthesis in the body to serve as the main structural component of muscles, bones, hair, skin, nails, tendons, ligaments, and blood vessels, in addition to building hormones, neurotransmitters, and enzymes.²

Beef provides good concentrations of the amino acids leucine, lysine, and methionine,¹ and a higher content of the amino acids required to synthesize collagen, proline, and glycine. Leucine plays an important role in muscle synthesis.³ Intake of collagen precursors may support collagen synthesis and thereby support skin, joints, ligaments, and connective tissue.⁴

Protein supplementation, including those sourced from beef, has been found to improve body composition and exercise performance, likely due to increasing lean body mass, muscle anabolism, and hypertrophy, and also strength, especially when combined with resistance training.⁵⁻⁹ A systematic review and meta-analysis found that beef protein supplements resulted in significantly increased total daily protein intake, lean body mass, and lower-limb muscle strength compared to no protein supplementation.⁵ According to studies, beef protein supplementation may also mitigate some of the immune responses that occur after exercise and increase iron intake and preserve muscle mass.^{7,10}

In addition to supporting athletes, consuming supplemental protein may also support maintaining lean body mass in the aging population who may have or who are at risk of sarcopenia. Supplemental protein may also support other populations at risk of muscle atrophy due to conditions leading to disuse, such as injury, denervation, and immobilization.¹¹⁻¹³

Medium-chain triglycerides (MCT) sourced from coconut and sustainable palm oils provide quality fats. Studies have found that MCTs have the potential to increase thermogenesis and satiety to reduce fat deposition in adipocytes. They are also more easily absorbed and metabolized rather than long-chain fatty acids. As such, consumption of MCTs may improve body composition.¹⁴ One randomized controlled trial also found that MCTs increased muscle strength and function in the

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elderly.¹⁵ Based on clinical studies, MCTs may also promote mild ketosis and impart neuroprotective effects, which may support cognitive function.¹⁶⁻¹⁸

Glucomannan, a water-soluble fibre from the konjac plant, has been shown to support a healthy body composition, a normal microbiome, and immune health. Soluble fibres such as glucomannan delay stomach emptying and the uptake of glucose, which may benefit glucose metabolism. Along with its prebiotic effects on the microbiome, glucomannan also stimulates peristalsis and absorbs water to aid stool formation and excretion to support healthy bowel movements. It also imparts antioxidant and anti-inflammatory effects, and the support of detoxification.¹⁹⁻²¹

Pure PaleoComplete Includes Essential Vitamins and Minerals in Highly Bioavailable and Bioactive Forms

- Vitamin C derived from acerola fruit, a rich source of ascorbic acid that also contains synergistic phytochemicals that increase absorption of ascorbic acid²²⁻²³
- Vitamin A in the form of mixed carotenoids
- Activated B vitamins, including B6 as pyridoxine-5-phosphate, B2 as riboflavin-5-phosphate, and folate as 5-methyltetrahydrofolate (from Quatrefolic®). This form of folate is ideal for individuals with genetic polymorphisms that affect nutrient conversions (e.g., methylenetetrahydrofolate reductase [MTHFR]).²⁴
- Zinc, selenium, manganese, chromium, and molybdenum are in fully chelated form for enhanced stability and bioavailability
- Calcium and magnesium are bound to malic acid (malate), a Krebs cycle intermediate, which may help support cellular energy generation
- Vitamin E Isomers is sourced from annatto as gamma- and delta-tocotrienols

With its array of vitamins, minerals, and other beneficial compounds (such as inositol and choline), Pure PaleoComplete can also be utilized as a meal supplement with a wide variety of applications, including maintaining healthy body composition. Studies on meal replacement programs have demonstrated that they may aid in weight loss and improve body composition and metabolic markers, which may aid in long-term benefits when taken as part of a more comprehensive diet and lifestyle program.²⁵⁻³⁰

BENEFITS MAY INCLUDE

- Aids a healthy body composition
- Supports healthy blood sugar metabolism
- Helps sustain satiety
- Support for weight management
- Broad nutritional support

Medicinal Ingredients (CHOCOLATE per scoop/34g & VANILLA per scoop/32g):

Hydrolyzed beef protein (<i>Bos taurus</i> -Muscle).....	17 g
Vitamin C (<i>Malpighia glabra</i> -Fruit)	125 mg
Calcium (Di-Calcium Malate).....	100 mg
Magnesium (Dimagnesium malate)	100 mg
Pantothenic acid (Calcium D-pantothenate)	100 mg
Choline dihydrogen citrate.....	50 mg
Inositol.....	50 mg
Vitamin B3 (Niacinamide).....	25 mg
Tocotrienols (<i>Bixa orellana</i> -Seed)	25 mg
Vitamin B1 (Thiamine diphosphate).....	10 mg
Vitamin B2 (Riboflavin-5-phosphate)	10 mg
Vitamin B6 (Pyridoxal-5-phosphate)	10 mg
Zinc (Zinc bisglycinate).....	5 mg
Boron	1 mg
Manganese (Manganese bisglycinate).....	1 mg
Beta-carotene (<i>Elaeis guineensis</i>).....	750 mcg (1125 IU)
Biotin.....	100 mcg
Folate (Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt 200 mcg).....	100 mcg
Chromium	50 mcg
Molybdenum (Molybdenum bisglycinate).....	50 mcg
Selenium (Selenium glycinate)	50 mcg
Vitamin B12 (Cobamamide, methylcobalamin)	50 mcg

CHOCOLATE: Non-Medicinal Ingredients: Cellulose, natural flavours, medium chain triglycerides, glucomannan, cocoa powder, stevia leaf extract. **Recommended Dose:** Adults: Mix 34 g (approx. 1 scoop) well in 8 oz of water or any other beverage immediately before consumption once per day, or as directed by a health care practitioner. Take a few hours before or after taking other medications or natural health products. **VANILLA: Non-Medicinal Ingredients:** Cellulose, natural flavours, medium chain triglycerides, glucomannan, stevia leaf extract. **Recommended Dose:** Adults: Mix 32 g (approx. 1 scoop) well in 8 oz of water or any other beverage immediately before consumption once per day, or as directed by a health care practitioner. Take a few hours before or after taking other medications or natural health products.

REFERENCES

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