Healthy eating begins at home. Soy protein is one beverage which everyone loves! It provides essential amino acids, contains no cholesterol and no lactose, suitable for vegetarian and is easy to digest. Best of all, it is suitable for the whole family and everyone loves it! Discover the benefits of soy protein for you and your loved ones.

Note: All images are for illustration purposes only.
Intake for children under 4 years old should be limited to sharing part of an adult’s drink and at no time should any protein drink be used as a sole source of nutrition.
Wholesome Protein Goodness for the Whole Family!

Every person in the family is equally important. Provide your loved ones with the best soy protein for the best nourishment their body needs.

**Dad**

I’m ready to take on the day’s challenges with soy protein. It keeps me energised throughout the day.
- Boost healthy muscle development.¹
- Maintain muscle strength.¹

**Mom**

I’m always on-the-go juggling between career and family. I drink soy protein to stay active and healthy.
- Smoother, radiant skin.²
- Healthier pregnancy and smoother breastfeeding journey.³

**Grandma**

I’m regaining my zest for life with soy protein! It helps me through my menopausal journey so I can do more in a day.
- Support bone maintenance.⁴,⁵
- Sustained energy throughout the day.

**Son**

It’s tasty and creamy. I drink it every day to grow stronger!
- Support stronger and healthier bone growth.⁶
- Accelerate cell repair and renewal.⁶

**Grandad**

It’s a convenient way to get my source of protein. Now I have added health support and energy.
- Maintain muscle mass and minimise muscle loss.¹
- Support healthy blood circulation for optimum heart functions.²

**Daughter**

It’s my yummy snack!

References:
5 Tips to Help You Pick the Right Source of Protein

1. Plant vs animal-based?
Both plant and animal-based contain similar protein content. However, animal-based sources such as red meat or other poultry may contain harmful chemicals and diseases. Soy protein may be easier to digest, especially among the elderly.

2. High vs low cholesterol content?
Plant-based protein contains zero cholesterol.

3. High vs low fat content?
While poultry contains saturated and transfat, plant-based proteins are free of them. So fill up on beans, lentils, tofu and whole grains which give you protein intake without excessive fat.

4. GMO vs non-GMO?
GMO (genetically modified organisms) is a plant, animal or microorganism or other organisms whose genetic makeup has been modified using genetic modification or engineering techniques. This has been associated with various health risks.

5. Natural source vs processed source?
Whenever possible, get your protein in its natural state as processed food may lose its nutrient content. But when you can’t or don’t get enough protein from your diet, you can opt for a high quality protein powder that gives you all the essential amino acids and calcium for strong bones and teeth.

**ESP delivers sustained energy, with the highest quality plant-based protein**

- Provides 14g of Low Glycemic Index protein
- PDCAAS (Protein Digestibility Corrected Amino Acid Score) score of 1.0 – highest value of protein digestibility and highest protein quality
- Contains 9 essential amino acids
- Rich in calcium
- Cholesterol Free
- Soy Protein helps to reduce cholesterol*

*These products are not intended to diagnose, treat, cure, or prevent any disease.

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