

Growing up Healthy with Soy Protein!

During the teenage years, teens undergo rapid physical, emotional, social and physiological development. As puberty hits, their bodies change. This is also the period when they are energetic and physically active.



Soy Protein is an important nutrient to keep teens energized and active whilst supporting their growth and development.

Boost Muscle Growth and Development

The metabolism rate peaks at teen age, thus consuming protein helps them to develop and maintain muscle mass¹. Along with an active lifestyle and adequate soy protein consumption helps build muscle and support muscle repair and recovery while providing longer satiety for lasting energy².

Support Stronger and Healthier Bone Growth

Soy isoflavones, found in soy protein help support better bone structure while improving bone metabolism process³. Soy naturally contains calcium necessary for strong and healthy bones.



References:

1. Symons TB, Sheffield-Moore M, Wolfe RR, Paddon-Jones D. A moderate serving of high-quality protein maximally stimulates skeletal muscle protein synthesis in young and elderly subjects. *J Am Diet Assoc.* 2009 Sep;109(9):1582-6.
2. Margriet S, Sofie G, Klaas R. Dietary protein- its role in satiety, energetics, weight loss and health. *British Journal of Nutrition.* Volume 108, Issue S2, August 2012, pp. S105-S112.
3. Hirota T, Kusu T, Hirota K. Improvement of nutrition stimulates bone mineral gain in Japanese school children and adolescents. *Osteoporosis International* 2005; Published online February 3, 2005; doi: 10.1007/s00198-004-1804-1.

Promote Healthy Menstrual Cycle in Females

Phytoestrogens or plant estrogens, found in soy are naturally present in most of our food, it helps support healthy menstrual health by regulating the estrogen level, encouraging healthier hormonal state and lesser premenstrual syndrome (PMS) symptoms⁴.

Accelerate Cell Repair and Renewal

Protein is one of the body's fundamental nutrients for cell renewal and regeneration as it helps in repairing damaged tissue. It also supports antibodies to fight infections and synthesise collagen to accelerate wound recovery⁵.

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.

References:

- Bryant M, Cassidy A, Hill C, Powell J, Talbot D, Dye L. Effect of consumption of soy isoflavones on behavioral, somatic and affective symptoms in women with premenstrual syndrome. *Br J Nutr.* 2005 May; 93 (5): 731-9
- Robert H Demling. Nutrition, anabolism and the wound healing process: an overview. *Eplasty* 2009; 9 : e9.



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***



*Amount of soy protein recommended to give the lowering effect on the blood cholesterol is 25g per day.

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

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