

Organic PurePea™



Natural, organic pea protein isolate

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Organic PurePea™ is a natural pea protein isolate, made from USDA certified organic, non-GMO, North American grown yellow peas. It is a true vegan protein which has high bioavailability, excellent digestibility, and offers a high level of functionality and nutritional benefits. Organic PurePea™ is a safe alternative for people with allergies to milk and milk products who must avoid casein or whey proteins, and for those with lactose intolerance. Organic PurePea™ is available in vanilla, chocolate and unflavored versions.

Organic PurePea™ may benefit:

- ▶ Athletes/bodybuilders sensitive to whey
- ▶ Vegetarians/vegans
- ▶ People with dairy allergies/lactose intolerance
- ▶ Those seeking to improve cholesterol levels

Our Organic Pea Protein Story

Our evolution to an organic pea protein was a logical progression for us at Designs for Health. We were one of the first professional dietary supplement companies to use conventional pea protein, after recognizing its nutritional and taste advantages. As such, it seemed fitting that we strove to become one of the first to offer an organic version of this highly bioavailable protein.

Our organic pea protein is truly special. In our search for this raw material we were unable to find suppliers who carried a true organic pea protein with proper documentation that certifies the actual farms from which it was sourced. So we chose to address the problem head on and personally search for organic farmers willing to grow organic peas. We began this quest in 2013, and through perseverance, which included personally knocking on doors looking for willing farmers in the northwest US, we were able to find several who would agree to our company's request.

We remain involved throughout the process to produce Organic PurePea™, from farm to the finished product, including taking delivery of the certified organic peas after harvest, cleaning, packing, and properly preparing them for processing. The protein is then extracted from the dry peas via a natural fermentation process that uses no chemical solvents. Organic PurePea™ protein is available in multiple Designs for Health formulations.

Highlights of Organic PurePea™

- Organic
- Non-GMO
- Grain-free
- Gluten-free
- Dairy-free
- Soy-free
- Fructose-free

Clear Advantages Over Soy

- Easy to absorb - does not contain anti-nutritional factors such as phytates and tannins that are found in soy which can inhibit absorption of minerals including iron, zinc, and calcium. Vegan diets are also known to be high in phytates.
- Soy is known to have estrogenic effects that may be undesirable for some patients. Pea protein contains low levels of isoflavones (estrogen-like compounds), minimizing possible estrogenic effects.

PurePea™ for Athletes

For athletes and bodybuilders who cannot tolerate whey protein, Organic PurePea™ is a great choice. It contains a well-balanced amino acid profile, close to that of whey protein. Its excellent array of these building blocks of protein, including high levels of branched chain amino acids (BCAAs), makes it a great protein source for athletes and anyone who is physically active. Organic PurePea™ is excellent to use before, during, and after exercise, as adequate intake of protein, in particular BCAAs, helps to promote muscle growth and repair, particularly after strenuous resistance training.

Organic PurePea™ Unflavored/Unsweetened

Supplement Facts

Serving Size 30 grams (approx. one scoop)

Servings Per Container 15

Amount Per Serving		% Daily Value
Calories	110	
Calories from Fat	15	
Total Fat	2 g	3%*
Total Carbohydrate	1 g	<1%*
Protein (from organic pea)	22 g	44%*
Calcium (from natural sources)	85 mg	8%
Iron (from natural sources)	5 mg	30%
Sodium (from natural sources)	390 mg	15%

*Percent Daily Values are based on a 2,000 calorie diet.

Organic PurePea™ Vanilla

Supplement Facts

Serving Size 30 grams (approx. two scoops)

Servings Per Container 15

Amount Per Serving		% Daily Value
Calories	120	
Calories from Fat	15	
Total Fat	2 g	2%*
Total Carbohydrate	2 g	<1%*
Protein (from organic pea)	20 g	40%*
Calcium (from natural sources)	80 mg	8%
Iron (from natural sources)	5 mg	30%
Sodium	370 mg	15%

*Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Certified organic natural flavor, certified organic stevia leaf extract.



Organic PurePea™ Chocolate

Supplement Facts

Serving Size 32 grams (approx. one scoop)

Servings Per Container 15

Amount Per Serving		% Daily Value
Calories	120	
Calories from Fat	15	
Total Fat	2 g	3%*
Total Carbohydrate	4 g	1%*
Protein (from organic pea)	20 g	40%*
Calcium (from natural sources)	80 mg	8%
Iron (from natural sources)	5 mg	30%
Sodium (from natural sources)	350 mg	15%

*Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Certified organic cocoa powder, certified organic natural flavors, certified organic stevia leaf extract.

For a list of references cited in this document, please visit:

http://www.ncbi.nlm.nih.gov/sites/myncbi/collections/public/1dY9Tef5coa_SnfOVjSgeuMAo/

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