

ProPeas

The Clean Protein

The cold process of using water and pressure to extract the protein in peas creates a clean, concentrated supplement, free of solvents.

What's more, ProPeas is non-GMO, gluten-free, vegan and AIM sport approved [tested free of banned substances].



ProPeas is one of the first pea proteins ever launched in the marketplace, representing AIM's focus on plant-based supplements. Flavored with vegan vanilla and sweetened with stevia,

ProPeas delivers 12 grams of protein in each serving of sugarless powder.

Pea Pros

- high-protein vegetable
- long-term availability
- sustainable crop
- affordability
- low allergenicity
- high-quality protein

bit.ly/PeaPros

A 2021 study published in *The American Journal of Clinical Nutrition* recognized pea protein as a high-quality, plant-sourced alternative to animal protein. Peas provide a protein supplement with a well-balanced amino acid profile and high digestibility.

bit.ly/HighDigestibility



Did You Know . . . ?

Digesting protein bumps up your metabolism and the burning of calories. Pea protein is absorbed at a rate of 2.9 grams per hour, contributing to an accelerated metabolism and calorie burning over several hours.

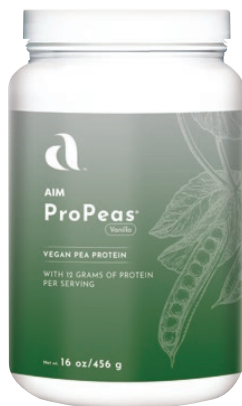
Want to Lose Weight?

Burn more calories than your daily nutritional intake. Drinking a ProPeas beverage up to three times a day helps reduce your caloric intake. With only 60 calories per serving, ProPeas makes you feel satiated for hours. Why? Pea protein is digested slowly, which increases levels of endocrine hormones that send "I'm full!" signals to your brain. Not feeling hungry makes you eat and drink less.



ProPeas contains

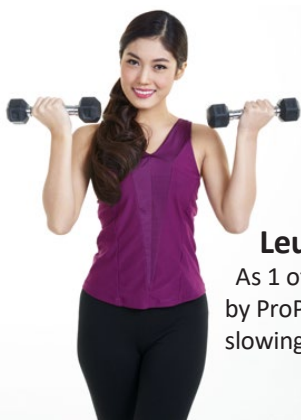
18 plant-based amino acids from peas that provide a supplemental source of sugar-free, vegan protein.



ProPeas is NOT sourced from eggs, fish, milk, peanuts, shellfish, tree nuts, soy or wheat, which are 8 of the most common food allergens found in other protein supplements. The plant-based, protein source in ProPeas helps to alkalize not aggravate the body.



By increasing satiety, boosting metabolism and maintaining muscle mass, ProPeas is an ideal supplemental protein for anyone requiring weight management. Mixing it with Fit 'n Fiber in a shake is like having two peas in a weight-loss pod.

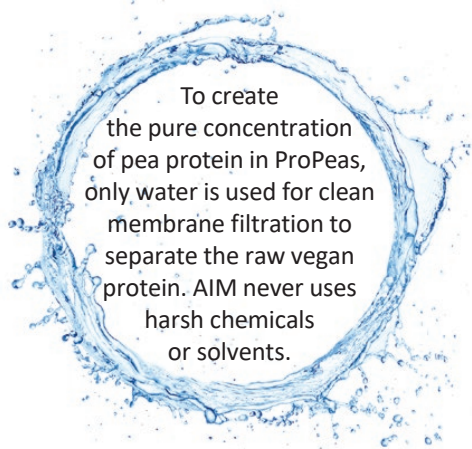


Leucine

As 1 of the 3 essential, branched-chain amino acids provided by ProPeas, leucine increases the synthesis of muscle proteins, slowing down the age-related loss of muscle tissue.

Appetite for Protein

Those whose appetite is not like it was in their younger days usually do not get enough dietary protein. This deficiency can lead to age-related muscle degradation. Taking ProPeas daily will increase the intake of this essential macronutrient and help to build and maintain healthy muscles.



To create the pure concentration of pea protein in ProPeas, only water is used for clean membrane filtration to separate the raw vegan protein. AIM never uses harsh chemicals or solvents.

3 ProPeas Pro Features

- Plant-Based Protein Supplement
- Filtered and Purified with Water Only
- Great Amino Acid Profile

Alternative Protein

A diet of primarily plant-based food has been shown to be the best for promoting good health.

The protein in plants has an alkalinizing effect on the body and reduces inflammation, whereas meat is acidifying and triggers an inflammatory reaction.

ProPeas offers supplemental plant protein from peas.



AIM is committed to obtaining sustainable ingredients for its line of whole-food concentrates and dietary health supplements. And it just so happens that peas are a sustainable protein crop, making ProPeas a thoughtful choice for both your health and the environment.

Did you know . . . ?

Peas are one of the oldest cultivated crops, initially grown as a protein-rich vegetable in North Africa and West Asia.

bit.ly/SustainablePeaProtein

More Muscle

A 2015 study showed that participants who supplemented with pea protein enjoyed greater muscle thickness in their biceps than those taking the placebo. But you don't have to lift weights to benefit from taking the pea protein in ProPeas. Aging is a factor in muscle loss, so supplementing your protein intake with its plant-based source can contribute to building lean muscle and maintaining it.

bit.ly/PeaProteinMuscle



green protein!

A plant-based diet benefits your health in boundless ways. Supplementing with ProPeas delivers a vegan source of protein, a vital macronutrient required for strong, healthy muscles.



ProPeas helps you to achieve weight loss goals. One serving of ProPeas takes over 4 hours to digest, leaving you feeling fuller for a longer period of time from only 60 calories!

Did you know...?

People begin to lose muscle mass usually in their 30s. This natural part of aging is called sarcopenia, which accelerates the older a person gets. Exercise is vital to prevent and reverse it, and protein intake needs to be increased for muscles to continue to grow and get stronger.

ProPeas Protein Pros

- Increases energy
- Alkalizes your body pH
- Boosts your metabolism
- Supports weight management
- Provides high-quality, plant-based protein
- Delivers essential amino acids your body cannot produce
- Builds, repairs and maintains lean and healthy muscle mass

Health Benefits of ProPeas Pea Protein

- Keeps the immune system strong
- Needed for healthy skin, hair and nails
- The body does not store protein and is therefore essential for a healthy diet!



Signs That You Need More Protein:

- ✓ Brain fog
- ✓ Hair thins, falls out
- ✓ Brittle nails
- ✓ Weakness
- ✓ Cravings for sweets
- ✓ Muscle and joint pain
- ✓ Fatigue
- ✓ Trouble sleeping
- ✓ Weight gain



ProPeas takes 4 hours to digest leaving you fuller longer



Whey and soy proteins are digested quickly, leaving you hungry in 90 minutes

	ProPeas protein	Whey protein	Soy protein
Non-allergen	✓	✗	✗
Alkalizing	✓	✗	✓
Non-GMO	✓	✓	✗



Reasons to Add MORE Protein to Your Diet

Fifteen percent of your total calories consumed should be protein. There are certain situations where you may want to increase protein intake temporarily:

- ➊ **Weight loss:** Protein provides satiety
- ➋ **Metabolic conditions:** Proteins have a stabilizing effect on blood sugar
- ➌ **Athletes training hard:** To build muscle
- ➍ **The elderly:** To maintain muscle mass. Loss of muscle mass is a huge problem among the aging
- ➎ **People under stress:** To keep the system balanced

Complete Protein vs ProPeas (mg per g)

Amino Acids	Complete Protein	ProPeas	%
Tryptophan	7	6	82%
Threonine	27	39	144%
Isoleucine	25	54	218%
Leucine	55	103	187%
Lysine	51	61	120%
Methionine + Cystine	25	20	78%
Phenylalanine + Tyrosine	47	91	194%
Valine	32	55	172%
Histidine	18	23	130%
Average:			147%

ProPeas has a great average AA profile at 147% (compared to the complete protein criteria).

Tryptophan, methionine and cystine are low, but are high in sulfur, which has an acidic effect on the body.