

# my Victory!<sup>®</sup> Protein Boost



## Positioning Statement

Are you looking for a way to boost your daily protein intake with stomach friendly proteins and without artificial sweeteners or preservatives? My Victory Protein Boost is a premium plant-based protein that provides a complete range of amino acids to maintain lean muscle mass and is free from lactose, wheat gluten and soy for easy digestion. The quality protein found in My Victory Protein Boost is a great way for vegetarians to add this essential macro-nutrient to their diet and is also great for individuals sensitive to lactose, soy, wheat gluten, or anyone wanting to increase their protein intake. Its low glycemic formulation makes it a great choice for individuals who want to maintain healthy blood glucose levels.

## Concept

Boost your protein intake with this premium-quality, healthy, plant-based protein powder. My Victory Protein Boost contains all natural pea, rice, and chia proteins in a delicious, lactose, soy, and wheat gluten free vanilla powder. It's a healthy way to get extra protein and maintain lean muscle mass.

My Victory Protein Boost does not contain yeast, soy, wheat gluten, milk, egg, whey, artificial sweetener, or preservatives and is suitable for vegetarians.

## Primary Benefits

- An easy way to boost protein which is crucial for normal body function
- A healthy way to support lean muscle mass
- Lactose, wheat gluten and soy free for easy digestion
- Ideal for vegetarians and individuals wanting to maintain healthy blood glucose levels

- May be used with AC Complex as part of the My Victory weight management program (vegetarians remove gelatin capsule of AC Complex)

## What Makes These Products Unique?

My Victory Protein Boost is specially formulated with premium plant-based proteins that provide a broad range of amino acids to supply daily protein to maintain your lean muscle mass without artificial sweeteners, preservatives and is lactose, wheat gluten and soy free for easy digestion. This premium protein boost is great for vegetarians and individuals who want to maintain healthy blood glucose levels.

## Who Should Use These Products?

Anyone looking for a lactose, wheat gluten & soy free plant-based protein. Low glycemic formulation is great for individuals who want to maintain healthy blood glucose levels.

## Frequently Asked Questions

### *Can I mix the My Victory Protein Boost into my AC Shake?*

Yes, The My Victory Protein Boost can be added to the AC Shakes boosting the protein to 27 grams for one serving.

### *Can I double the servings/scoops of the My Victory Protein Boost to increase my protein?*

Yes, you may mix a drink with your desired servings/scoops to gain the protein outcomes you want, but do not exceed healthy protein recommendations. (Daily protein requirement for the average person is ½ a gram of protein per pound of body weight. For example, the typical 140-lb. individual needs about 70 grams of protein/day).

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## Does the MyVictory Protein Boost contain appetite control (AC) ingredients?

No, please continue to take the MyVictory AC Complex and AC Shakes to maintain the benefits of these ingredients. Individuals wanting to avoid lactose, dairy, soy, wheat gluten, animal-sourced proteins may consider taking MyVictory Protein Boost along with AC Complex as part of the MyVictory weight maintenance program (vegetarians remove gelatin capsule of AC Complex).

## Studies

- Mariotti F, Pueyo ME, Tomé D, Bérot S, Benamouzig R, Mahé S. The influence of the albumin fraction on the bioavailability and postprandial utilization of pea protein given selectively to humans. *J Nutr.* 2001 Jun;131(6):1706-13.
- Abou-Samra R, Keersmaekers L, Brienza D, Mukherjee R, Macé K. Effect of different protein sources on satiation and short-term satiety when consumed as a starter. *Nutr J.* 2011 Dec 23;10:139.
- Burris RL, Xie CH, Thampi P, Wu X, Melnyk SB, Nagarajan S. Dietary rice protein isolate attenuates atherosclerosis in apoE-deficient mice by upregulating antioxidant enzymes. *Atherosclerosis.* 2010 Sep;212(1):107-15.
- Reche M, Pascual C, Fiandor A, Polanco I, Rivero-Urgell M, Chifre R, Johnston S, Martín-Esteban M. The effect of a partially hydrolysed formula based on rice protein in the treatment of infants with cow's milk protein allergy. *Pediatr Allergy Immunol.* 2010 Jun;21(4 Pt 1):577-85.
- Olivos-Lugo BL, Valdivia-López MÁ, Tecante A. Thermal and physicochemical properties and nutritional value of the protein fraction of Mexican chia seed (*Salvia hispanica* L.). *Food Sci Technol Int.* 2010 Feb;16(1):89-96.

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Nutrition Facts		Amino Acid Profile (Naturally occurring):	
Serving Size One Scoop (18 g)		Alanine	602 mg
Servings Per Container 30		Arginine	1005 mg
Amount Per Serving	% Daily Value*	Aspartic Acid	1329 mg
<b>Calories 60</b>	<b>Calories from Fat 5</b>	Cysteine	226 mg
<b>Total Fat</b> 0.5 g	<b>&lt;1%</b>	Glutamic Acid	2216 mg
Saturated Fat 0 g	0%	Glycine	469 mg
Trans Fat 0 g		Histadine	308 mg
<b>Cholesterol</b> 0 mg	<b>0%</b>	Isoleucine	676 mg
<b>Sodium</b> 20 mg	<b>&lt;1%</b>	Leucine	1139 mg
<b>Total Carbohydrate</b> 4 g	<b>1%</b>	Lysine	792 mg
Dietary Fiber 1 g	<b>4%</b>	Methionine	226 mg
Sugars 3 g		Phenylalanine	638 mg
<b>Protein</b> 12 g		Proline	696 mg
Vitamin A 0%	Vitamin C 0%	Serine	664 mg
Calcium 0%	Iron 6%	Threonine	565 mg
* Percent Daily Values based on a 2,000 calorie diet. Your Daily Values may be higher or lower, depending on your calorie needs.		Tryptophan	169 mg
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
		Valine	720 mg

## Ingredients

Pea Protein, Organic Rice Protein, Natural Flavor, Fructose, Chia Seed, Xylitol, Salt, Rebaudioside A (Stevia Extract).

## Usage

Mix one scoop in 8–12 oz of water or your favorite beverage to create a delicious protein drink and boost dietary protein. Store in a cool, dry place.

## Warnings

Keep out of reach of children. Pregnant or lactating women, diabetics, hypoglycemics, and people with known medical conditions should consult with a physician prior to use. Do not use if the safety seal is broken or missing.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

