

PURE VEGAN PROTEIN FOR THE FAMILY



Nutrient Dense POWDER

PROTEIN POORAK

Energy • Power • Strength
Stamina • Health • Wellness
TO BUILD & MAINTAIN
LEAN MUSCLE MASS

A Wholesome Powdered Blend of Pea Protein Isolate, Hemp Protein, Sprouted, Roasted Pulses, Millets, Superfoods, Nuts, and Spice in delicious flavours that mixes readily in water, milk or juice.



Your Daily Superblend
A Healthy Shake
Anytime Anywhere

Zed COMPLETE PROTEIN

30g PLANT PROTEIN

25+ PLANT BASED
NATURAL INGREDIENTS,
ORGANIC, NO ADDITIVES
OR PRESERVATIVES

Also **Strawberry Flavour**
& **Chocolate Flavour**
Sweetened with Coconut Jaggery

NET QUANTITY/ Box
500g (10 x 50g Sachets)

Strawberry Flavour (Sweetened with Coconut Jaggery)

INGREDIENTS: Vegan Protein Blend (20%): Pea Protein Isolate (15%), Hemp Protein Concentrate (5%), Lentils & Pulses (20%): Green gram (12%), Horse gram (5%), Bengal gram (3%), Millets (18%): Finger millet (8%), Foxtail millet (5%), Browntop millet (5%), Superfoods (16%): Amaranth (7%), Quinoa (5%), Flax seed (2%), Chia seed (2%), Nuts (15%): Dry dates (6%), Almonds (4%), Cashews (2%), Walnuts (2%), Pistachios (1%), Natural Strawberry Flavour: (5%) [Freeze dried Strawberry powder], Coconut Jaggery: (5%), Spices (0.8%): Fenugreek Seeds, Caraway seeds, Cardamom, Cinnamon, Clove, Black pepper, Saffron, Edible Gum (0.2%): Guar Gum (INS 412), Acacia Gum (INS 414), Xanthan Gum (INS 415).

CONTAINS NO ADDED PRESERVATIVES OR ARTIFICIAL COLORS. NUTRACEUTICAL - NOT FOR MEDICINAL USE.

NATURAL, VEGAN, GLUTEN-FREE, LACTOSE FREE.

A healthy & delicious shake: Grains Sprouted (as possible) roasted/puffed, the synergy of all ingredients provides Protein, Complex Carbohydrates, Good Fats, Fibre, Vitamins, & minerals.

SERVING SIZE: 50 grams. 1 Serving per sachet.

HOW TO USE?

READY TO USE. NO COOKING IS REQUIRED.

Mix one sachet (50 grams) or as needed in 300mL of water/milk/juice, and shake or stir well. REPLACE A MEAL on the go. Armed forces personnel can have 100 grams (2 sachets) a day for an extra boost and combat power. Nutrient-Dense, sustains, rebuilds, and helps to recover quickly.

A Natural product. Colour, texture, flavour may vary from batch to batch.



Enjoy delicious **Strawberry** or **Chocolate** Flavour (sweetened with Coconut Jaggery or **Natural** Flavour (non-sweet)).

NUTRIENTS	APPROX PER		%RDA ⁺
	100g	50g	
Energy (kcal)	400	200	5.0%
Total Protein (g)	60	30	57.0%
Total Fat (g)	12	6	6.0%
Saturated Fat (g)	3	1.5	9.0%
Trans fat (g)	0	0	**
Polyunsaturated Fat (g)	5	2.5	**
Monounsaturated Fat (g)	4	2	**
Cholesterol (g)	0	0	**
Total Carbohydrate (g)	44	22	7.0%
Dietary Fibre (g)	12.5	6.25	18.0%
Added Sugar (g) (Jaggery)	10	5	4.0%
Vitamins and Minerals			
Vitamin D (mcg)	8	4	20.0%
Calcium (mg)	240	120	10.0%
Iron (mg)	10	5	30.0%
Potassium (mg)	160	80	2.0%

⁺ % RDA values established as per ICMR Guidelines. ^{**} RDA values are not established. Recommended usage (for adults): Take one serving daily. Duration of use depends on the need of individuals.

ALLERGEN: Contains Nuts
BEST BEFORE 12 MONTHS FROM DATE OF PACKING

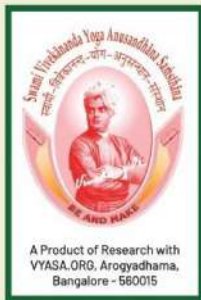
How to mix or blend Protein Poorak

SHAKE OR BLEND



Breakfast / Lunch / Dinner in Seconds
NO NEED TO COOK! Mixes very easily.

Smooth and creamy - nothing else needed. You can add fruit if you like to the Blender. First add water, juice, milk or buttermilk to the shaker or blender. Add 50gm (one sachet) of Protein Poorak powder. Shake or blend and consume for hours of sustained energy and power.



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A "Make in India" product made from Super Grains grown by India's proud farmers.



ISO 9001:2015 GMP CERTIFIED
ISO 22000:2018 (FSMA)

