



Creamy Paleo Protein

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Creamy Paleo Protein Supplementation

Creamy Paleo Protein is a great-tasting beef protein powder produced by a proprietary filtration process yielding native beef peptides that are rich in essential amino acids and contain absolutely no lactose/dairy and minimal fat. The best part is that it's Paleo friendly!

Research continues to provide evidence that protein needs are greater in active individuals (especially those who exercise regularly) and the elderly.^{1,2} Creamy Paleo Protein makes meeting your protein needs easy and convenient, especially for those on a Paleo diet regimen. Here are the main benefits of Creamy Paleo Protein supplementation:

- It is a complete protein source containing all essential amino acids[♦]
- It is easily absorbed/digested and contains no lactose or dairy[♦]
- It is suitable for a Paleo diet regimen[♦]
- Promotes an anabolic response to resistance training which supports muscular development^{*5}
- Supports healthy body composition^{*2}
- May reduce muscle protein breakdown during prolonged aerobic activities^{*6}

How Creamy Paleo Protein Works

There is a multitude of benefits from ingesting beef protein thanks to its simple digestion—thanks to being lactose-free—and rich profile of essential amino acids (i.e. amino acids humans must obtain from food for proper health/longevity). Beef protein is a complete protein containing all nine of the essential amino acids which promote muscle protein synthesis and minimizes muscle protein breakdown.^{*4} Therefore, beef protein serves a crucial role in individuals looking to improve their musculature, fitness and overall bodily function.[♦]

Creamy Paleo Protein is a great-tasting, easily digestible protein powder sourced from cattle that are never treated with recombinant bovine growth hormone (rBGH).

- 21 grams of protein per serving
- Less than 2 grams of fat per serving
- Non-GMO
- Gluten-free
- Naturally flavored and sweetened
- Highly soluble

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What is the Paleo Diet?

Paleo dieting is a nutritional regimen derived from roughly 60-70% intake from animal foods, particularly red meats.³

As a final touch, Creamy Paleo Protein utilizes all-natural stevia for flavoring. Creamy Paleo Protein contains no artificial colors or sweeteners to stay true to the Paleo diet.

Supplement Facts

Serving Size: About 1 Scoop (29.5 g)

Servings Per Container: About 30

Ingredients:	Amount	%DV*
Calories	120	
Calories from Saturated Fat	15	
Total Fat	2 g	3%*
Saturated Fat	1.5 g	8%*
Total Carbohydrate	4 g	1%*
Dietary Fiber	1 g	4%*
Protein	21 g	
Iron (from cocoa powder)	2.4 mg	13%
Sodium (from hydrolyzed bovine collagen)	150 mg	7%
Potassium (from cocoa powder)	176 mg	4%

Other Ingredients: Hydrolyzed Bovine Collagen, Medium Chain Triglycerides, Natural Flavors, Silicon Dioxide, Rebaudioside A (from stevia leaf extract).

Directions: Mix 1 scoop in 8-12 ounces of water daily as a dietary supplement, or as directed by your healthcare practitioner.

Caution: *If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.*

Amino Profile

Typical Amino Acid Composition in Grams
Per Serving

Amino Acid	Amount
Cystine	0.02 g
Methionine	0.2 g
Aspartic Acid	1.33 g
Threonine	0.46 g
Serine	0.75 g
Glutamic Acid	2.43 g
Proline	2.65 g
Glycine	4.42 g
Alanine	1.95 g
Hydroxyproline	2.25 g
Valine	0.66 g
Isoleucine	0.38 g
Leucine	0.82 g
Tyrosine	0.29 g
Phenylalanine	0.51 g
Histidine	0.24 g
Lysine	0.84 g
Arginine	1.66 g
Tryptophan	0.08 g

References:

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3. Schwarcz, H. P., & Schoeninger, M. J. (2012). Stable isotopes of carbon and nitrogen as tracers for paleo-diet reconstruction. In *Handbook of environmental isotope geochemistry* (pp. 725-742). Springer Berlin Heidelberg.
4. Katsanos, C. S., Kobayashi, H., Sheffield-Moore, M., Aarsland, A., & Wolfe, R. R. (2006). A high proportion of leucine is required for optimal stimulation of the rate of muscle protein synthesis by essential amino acids in the elderly. *American Journal of Physiology-Endocrinology And Metabolism*, 291(2), E381-E387.
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6. Rodriguez NR, Vislocky LM, Gaine PC. Dietary protein, endurance exercise, and human skeletal-muscle protein turnover. *Curr Opin Clin Nutr Metab Care*. 2007 Jan;10(1):40-8

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



NON-GMO



GLUTEN-FREE



DAIRY-FREE



PRODUCED IN A
cGMP FACILITY

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