



Amway Bangalore

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NUTRILITE Protein Powder provides a natural, lean protein with the added benefits of naturally occurring soy isoflavones. It also provides balanced amounts of the essential and non-essential amino acids. Protein plays a leading role in your body's growth and maintenance. Because your body does not store excess protein, daily intake is necessary. Unfortunately, many protein sources – such as red meat, cheese, eggs and whole milk – also have high levels of fat and cholesterol.

*) Benefits of having soya protein

- 1) Amino acids are found in abundance in soy protein. That means it makes the other foods entering our system more beneficial. That means it helps in the procedure of food getting converted to energy.
- 2) Many studies show that soy protein reduces the risk of coronary diseases. Since, soya helps in reducing bad cholesterol. Tarun has written a fab article on good and bad cholesterol. Read it here. If you are vegetarian. So, protein sources are very limited. Soya being a vegetarian protein supplement makes me embrace it happily.



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