



HPF-5™

HIGH PROTEIN - FIBER POWDER
WITH CALCIUM, MAGNESIUM & VITAMIN D3

A unique blend of
plant protein and **fiber**
with additional **bone**
and **digestive health benefits**
– a healthy alternative to animal protein!



5 Main Ingredients & The Health Benefits

1 Plant Protein (Soy & Pea)



Promote satiety
and weight
management



Increase muscle
mass in aging
adults



Support growth
in children

2 Fiber (Wheat Resistant Dextrin)



Promote regular
bowel movement

3 Calcium 4 Magnesium 5 Vitamin D3



Support the development
of strong bones

All About



HPF-5™

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A unique blend of **plant protein** and **fiber**
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5 main ingredients imported from:-



Soy & Pea Protein
(USA & France)



**Fiber (Wheat
Resistant Dextrin*)**
(France)



Calcium
(Japan)



Magnesium
(Germany)

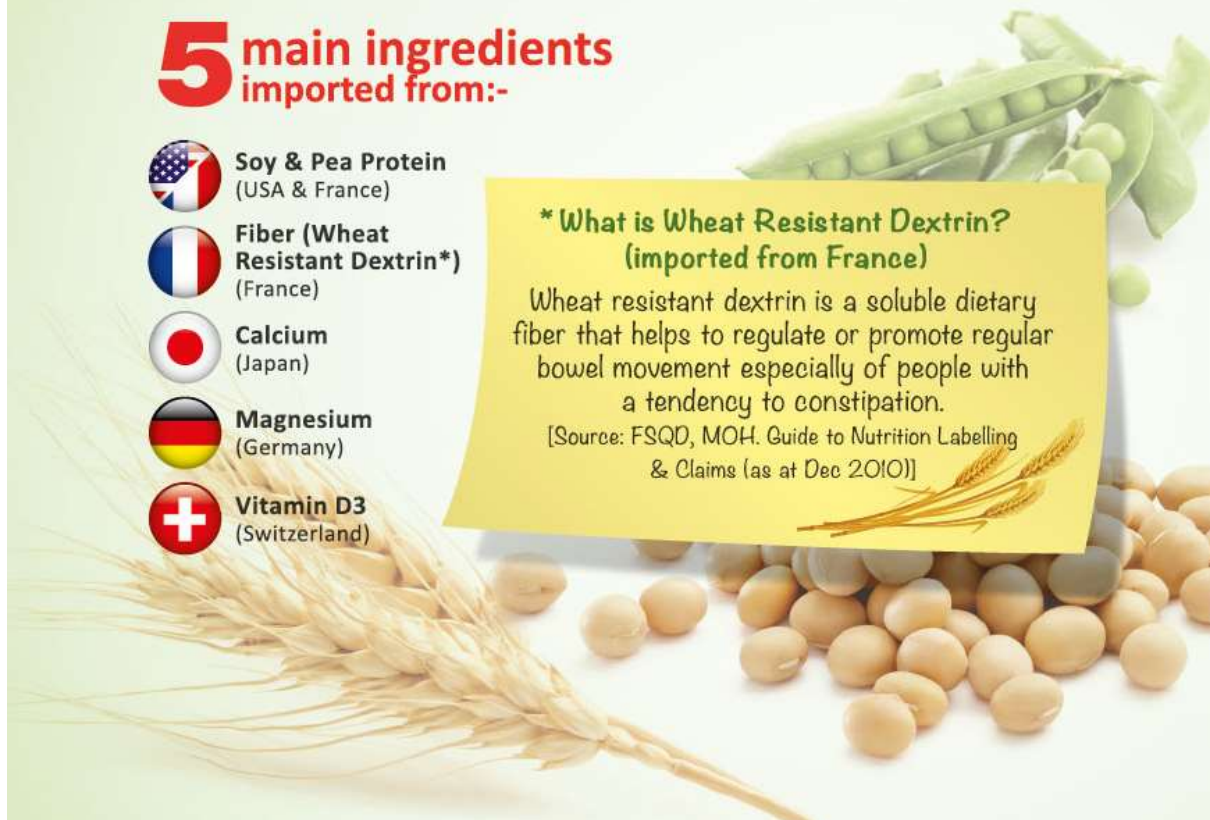


Vitamin D3
(Switzerland)

* What is Wheat Resistant Dextrin? (imported from France)

Wheat resistant dextrin is a soluble dietary fiber that helps to regulate or promote regular bowel movement especially of people with a tendency to constipation.

[Source: FSQD, MOH. Guide to Nutrition Labelling
& Claims (as at Dec 2010)]



1x  sachet of Biogrow HPF – 5™ provides:

- **More than 61% protein** - a unique blend of soy & pea plant protein that promotes satiety and weight management, increases muscle mass in aging adults & supports growth in children
- **All 9 essential amino acids** for protein synthesis
- **Fiber (wheat resistant dextrin*)** to promote regular bowel movement
- **Unique combination of calcium, magnesium & vitamin D3** for the development of strong bones & teeth

Contains
9 Essential
Amino Acids



Suitable for
Vegetarians



No Sugar-added



Low in Fat



Cholesterol &
Lactose-free



Protein - Building Blocks of Life

Protein is the second major component of the body tissues, next to water. It is the constituent of all the living cells includes muscle, bone, skin, hair, nails and other body parts.

According to **MOH Malaysia**, the **functions** of protein are

- ✓ **Helps build and repair body tissues**
- ✓ **Essential for growth and development**
- ✓ **Provides amino acids necessary for protein synthesis**

Good to know:

Our body cannot store protein and thus, it's important to replenish the protein supply everyday¹.

Who needs Protein?

1. **Growing children** – to support growth and development
2. **Adolescents** – to support energy requirements and growth
3. **Adults** – to maintain optimal health
4. **Elderly** – to replenish the loss of muscle mass
5. **Weight watchers** – to provide satiety without consuming extra calories

Did you know?

A healthy adult requires **62 g protein** every day as recommended by MOH Malaysia.

To obtain 62 g protein, an adult needs to consume:



Studies showed that high consumption of animal protein results in adverse health effects, including osteoporosis and high blood uric acid^{2,3}. You can make a healthy choice by **reducing the consumption of animal protein**, and **replacing it with plant protein instead!**

References:

1. Shryer, D., 2007. *Body fuel, a guide to good nutrition*. pg 67.
2. Kelemen, L. E. et al., 2005. *Journal of Epidemiology*, 161, 239-49.
3. Connor, W. E. et al., 1978. *American Journal of Clinical Nutrition*, 31, 1131-42.

Why **Biogrow HPF-5™** High Protein - Fiber Powder?



	Biogrow HPF-5™ High Protein - Fiber Powder	Animal protein
Source of protein	Soy & pea	Dairy products, meat, poultry, seafood, whey & etc.
Amino acid profile	Complete amino acid profile with 9 essential amino acids	Complete, however animal protein is associated with increased risk of osteoporosis and high blood uric acid*
Lactose content	Lactose-free	Not suitable for individuals with lactose intolerance
Energy (kcal)	Lower calories	Higher calories
Fat & cholesterol content	Low in fat and cholesterol-free	High in saturated fat and cholesterol



* Did you know?

Animal protein contains high amount of sulphur-based amino acids that can cause significant **calcium loss** and bone weakening, thereby promotes the development of **osteoporosis**¹.

Animal protein from seafood and meat has high purine content and highly associated with **high blood uric acid**².

References:

1. Frassetto, L. A. et al., 2000. *Journal of Gerontology: Medical Sciences*, 55A, M585-M592.
2. Villegas, R. et al., 2012. *Nutrition, metabolism and cardiovascular diseases*, 22, 409-416.



5 Health Benefits of **Biogrow HPF-5™** High Protein - Fiber Powder with Calcium, Magnesium & Vitamin D3

1



Promote satiety and weight management

Diet high in protein and fiber can increase satiety and regulate appetite¹. Diet with moderate amount of protein and reduced carbohydrate can have positive result in long term weight management.²

References:

1. Bonnema et al., 2015. *Journal of Food Science*, doi: 10.1111/1750-3841.12991
2. Krieger et al., 2006. *AJCN*, 83, 260-74.

2

Increase muscle mass in aging adults

The basic functions of protein are to repair cells and tissues as well as to provide amino acids essential for protein synthesis. Our body's muscle mass will gradually decrease as we age; apart from exercise, regular and sufficient intake of protein is crucial to reduce muscle breakdown as well as provide continuous cell and tissue repair.



3



Support growth in children

According to MOH Malaysia, protein is essential for supporting growth and development in children. Besides, the rich calcium, magnesium and vitamin D3 content can support strong bones and teeth in children.

4

Promote regular bowel movement

High total fiber intake has been shown to improve overall gut health¹. According to MOH Malaysia, wheat resistant dextrin (fiber) can help to regulate or promote regular bowel movement especially in people with tendency to constipation. The minimum amount required is 2.5 g per serving. **One sachet (≈ 15.9 g) of Biogrow HPF-5™ provides 2.9 g of wheat resistant dextrin!**

[Source: FSQD, MOH. Guide to Nutrition Labelling & Claims (as at Dec 2010.)]



References:

1. Cummings et al., 2010. EFSA panel on dietetic products nutrition and allergies (NDA), 2010a, 2010b, 201.

5



Support the development of strong bones

The unique combination of calcium, magnesium and vitamin D3 can help to develop & maintain strong bones¹!

Approved health claims by MOH Malaysia:

1. **Calcium** aids in the development of strong bones and teeth.
2. **Magnesium** promotes calcium absorption and retention
3. **Vitamin D** helps the body utilize calcium and phosphorus.

References:

1. Lister et al., 2007. Current topics in nutraceutical research, 5, 67-82.

Ingredients :

Isolated soy protein, Fiber (Wheat resistant dextrin), Oat flour, Pea protein, Calcium carbonate, Vanilla flavour, Tricalcium phosphate, Magnesium sulphate, Vitamin D3

Nutrition Information:

Serving size: \approx 15.9 g (1 sachet)

	Per 100 g	Per serving (1 sachet \approx 15.9 g)
Energy	1416 kJ	227 kJ
Calories	337 kcal	54 kcal
Total Carbohydrate	25.0 g	4.0 g
of which, total dietary fiber	16.0 g	2.6 g
Wheat resistant dextrin	18.4 g	2.9 g
Protein	61.0 g	9.8 g
Total Fat	2.8 g	0.5 g
Calcium	1500.0 mg	240.0 mg
Magnesium	50.0 mg	8.0 mg
Vitamin D3	62.5 μ g	10.0 μ g

How to consume:

Consume 1 sachet (\approx 15.9 g) a day and mix the powder into about 150 ml of cold or warm water.



Manufactured in Malaysia

Owner of the rights of manufacture:

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