

Plant protein for youthful skin



THE typical Malaysian diet these days is packed with carbohydrates from starchy rice, animal fats from red meats, trans fats and sugars from highly processed fast foods. Hence, it is difficult for an average person to get proper nutrition, especially macronutrient protein from his or her diet.

Tissue degeneration due to low protein stores in the body leads to premature ageing and some of the early signs are as follows:

- Puffy eyes
- Swollen face, ankles and fingers
- Wrinkled and dull skin
- Hair and nails are made of a tough protein called keratin. Hence, a protein deficiency can be marked by thinning or brittle nails and hair
- Loss of physical strength

If we wish to have healthy youthful skin, hair and nails, it is very important to make sure our protein intake is sufficient and know the best protein sources.

The building blocks of protein are called amino acids. Complete protein contains 22 different amino acids. However, nine essential amino acids must be consumed in the diet because the body does not produce them.

When a complete protein is eaten and digested, our body can select the required amino acids for the construction of new structural proteins



Biogrow HPF-5 high protein-fibre powder provides all nine essential amino acids, which are a good plant-based source for complete protein.

such as collagen and elastin, which are found predominantly in the skin, bones and muscles.

Amino acids are also used to form new cells and replace worn out or dead cells in the skin, which replenish every 27 days.

A quick and easy way to get high-quality complete protein into your diet is to use a protein powder supplement. However, many protein powder supplements in the market are lacking in other essential nutrients such as fibre, calcium, magnesium and vitamin D3. These essential nutrients are important for the maintenance of good digestive and bone health.

More than just protein

Everybody wants a protein powder that is not only high-

quality and easy to digest but one which is made without antibiotics from dairy, lactose, added sugar and artificial sweeteners. Biogrow HPF-5 high protein-fibre powder provides all nine essential amino acids, which are a good plant-based source for complete protein.

It also contains the digestive fibre-resistant dextrin, which has been approved by the Health Ministry in promoting regular bowel movement for constipated individuals.

In addition, Biogrow HPF-5 has bone health-enhancing calcium, magnesium and vitamin D3, all of which are usually not found in ordinary protein powders.

This article is brought to you by Legosan (Malaysia) Sdn Bhd.

■ For more information, call 03-7956 2220 or e-mail info@biogrow.com.my.

Why protein is important for health?

Protein is the major building block of muscles, skin and other body tissues. It is used to produce hormones, enzymes and antibodies. An adequate intake of protein is necessary for growth, repair of body cells, the normal functioning of muscles, transmission of nerve impulses and immunity.