


**HPF-5<sup>™</sup>**


## More than *just* Protein

for Strong Muscles, Bones and Body Strength


A unique blend of **Plant Protein** and **Digestive Fiber** with **Calcium, Magnesium & Vitamin D3**.




**Children**  
Promotes growth & development of muscles, bones, height & brain cells.



**Adults**  
Builds body strength and resistance against physical & mental tiredness.



**Elderly**  
Maintains muscles & bones for optimal body strength & mobility.



**1 scoop (= 16 g) of Biogrow HPF-5<sup>™</sup> in a glass of cold/ warm water contains...**

- ✓ **More than 61 % plant protein**, complete with 9 essential amino acids for growth and tissue repair\*.
- ✓ **Bone health synergy** with Magnesium & Vitamin D3 for better absorption, retention and utilization of Calcium\*.
- ✓ **High in Digestive Fiber** (wheat resistant dextrin) to promote regular bowel movement for people with a tendency to constipation\*.
- ✓ **Unsweetened, vanilla flavour** with no lactose and low in fat.
- ✓ **Suitable for vegetarians**.

**Available at all leading pharmacies nationwide.**  
 Legosan (Malaysia) Sdn. Bhd. (284196-10)  
 Lot 8, Jalan 19/1, 46300 Petaling Jaya.  
 Call hotline: 03-7956 2220 (Mon-Fri 9am-5pm)  
 Website: www.biogrow.com.my

\*Source of health claim: FSQD, MOH, Guide to Nutrition Labeling & Claims (as at Dec 2011).

# Get the right source of protein

PROTEIN is essential to make the bricks and mortar of the body, including muscle, bone, and blood.

Research suggests that higher protein diets may help maintain a healthy weight or preserve muscle health with ageing.

But, how much protein is needed to stay healthy?

The answer is not "how much" but rather getting "the right source of protein" to ensure good health.

Most people are already cutting down on animal protein from their diet.

This is due to reports that say consuming high amounts of red and processed meat, or seafood lead to a higher risk of developing metabolic disorders such as high cholesterol, high uric acid, diabetes, and obesity later in life.

According to the World Health Organization, when eaten in the right combination, plant protein can be as good as animal protein (meat and dairy) in terms of digestibility and absorption in the human body.

Soy and peas make good alternatives for those who are lactose intolerant or seeking non-animal sources of dietary protein.

Men in their middle age will start losing muscle and bone mass, as well as their respective functions. Over time, this raises the risk of frailty and falls.

The European Food Safety Authority (EFSA) states dietary proteins are as essential as calcium and vitamin D for bone health and osteoporosis prevention.

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The five major ingredients in the high protein fibre powder are imported from the US, France, Japan, Germany, and Switzerland to make the drink suitable for all ages.

One scoop of about 16g is recommended daily to provide more than 61% plant protein, nine essential amino acids, and adequate amounts of calcium, magnesium and vitamin D3 for bone health.

It is lactose-free, cholesterol-free and low in calories and fat.

The addition of wheat soluble fibre has also been approved by the Malaysian Health Ministry for use among constipated individuals.

Practising an active lifestyle and replacing one or two servings of animal protein with plant protein can make a big difference to health.

This article is provided by Legosan (Malaysia) Sdn Bhd.

■ For details, call 03-7956 2220 or e-mail enquiries to info@biogrow.com.my