

We Need Protein for a Better Life

show that high consumption of animal protein such as red meats and seafood results in adverse health effects, including higher risks of developing osteoporosis and high blood uric acid later in life. Animal protein contains high amounts of sulphur-containing amino acids which are acidic components and may contribute to acidosis in the body. Plant protein, on the other hand has many proven health benefits due to its higher fiber, lower fats and cholesterol content. Therefore, getting good, quality protein from the right source is key to ensuring optimum health.

Biogrow HPF-5 - More than just Protein for All Ages

Good news for all! You can now make a healthy choice by reducing the consumption of animal protein, and replacing it with plant protein instead. **Biogrow HPF-5** is a unique blend of plant protein and digestive fibre, with additional bone health minerals: calcium, magnesium and vitamin D3.

Biogrow HPF-5 High Protein-Fiber powder supplies mainly plant protein (soy and pea). All the five major ingredients in **Biogrow HPF-5** are imported from the US, France, Japan, Germany, and Switzerland to make it a very healthy and high quality drink

suitable for all ages. It contains a complete protein profile of nine essential amino acids, a unique combination of calcium, magnesium and vitamin D3 for bone health, lactose-free, no added sugar, and is also low in fat and cholesterol free. The addition of a unique soluble fiber from France - wheat resistant dextrin has also been approved by MOH for use among constipated individuals for the maintenance of good colon health by promoting regular bowel movement.

1 scoop (≈ 16g) of **Biogrow HPF-5** in 200 ml water is recommended daily for general health maintenance and better vitality. It is now available at all leading pharmacies nationwide.

This article is provided by Legosan (Malaysia) Sdn. Bhd. For more information, please call 03-7956 2220 or email your enquiry to info@biogrow.com.my. Visit our Facebook at www.fb.biogrow.com.my.



Our body needs PROTEIN as it is the second major component of body tissues after water. Being the constituent of all living cells, including muscle, bone, skin, hair, nail and other body parts, protein holds several key functions, according to Ministry of Health (MOH) Malaysia. Apart from helping to build and repair body tissues, protein is essential for growth and development, and provides amino acids that are necessary for protein synthesis such as collagen, keratin and other structural protein in the body.

However, our body cannot store protein and it is therefore important for us to replenish the protein supply every day from our diet. In fact, a healthy adult requires about 62 gm of protein every day as recommended by MOH Malaysia. To easily meet the requirement, we can split our recommended protein intake into three main meals which is around 20 gm of protein from all sources per meal.

Growing children, adolescents, adults, the elderly, weight watchers and generally everybody require sufficient protein to help them grow, give energy, maintain optimal health condition, replenish loss of muscles mass and also provide satiety without consuming extra calories.

If you are having two or more of the 7 signs below, you might not be getting enough protein from your daily diet:

1. Muscle weakness or fatigue
2. Thinning hair
3. Scaly, dry skin
4. Brittle nails
5. Mood swings
6. Swollen eyes or legs
7. Frequent infection

Are you Eating the RIGHT Type of Protein?

Common belief states that eating a lot of meat will get us enough protein. But, studies