

TUFF™

SPORT SUPPLEMENTS

Supps



PLANT PROTEIN

PLANTS ARE POWER

PLANT BASED PROTEIN POWDER

Plant-based protein powders are created similar to whey protein, proteins are extracted during fermentation and dried into a protein-dense powder form. However, the production process is **less complex** and involves **fewer variables** than whey protein which produces a **less processed** protein powder.

The protein content and amino acid profile of a plant-based protein depends on where it is derived from, with only soy-based protein being considered as having a complete amino acid profile. An alternative to soy-based protein is plant-based protein blends, where multiple plant-based proteins are blended at ratios that provide a complete amino acid spectrum that compares with whey-based protein.

Whey-based proteins are often seen as superior to plant-based proteins, however, studies suggest that plant-based and whey-based proteins are equally effective. In terms of muscle hypertrophy, research proposes that as long as the powder contains similar amounts of protein and BCAAs, **both whey and plant-based powders will help you build muscle.**

Tuff Supps Plant Powered Protein uses the best ingredients sourced globally, which are blended in a **Triple Plant Protein Formula**. Tuff Supps Triple Plant Protein Formula uses non-denatured and non-GMO pea protein, brown rice protein and Australian faba bean protein which, along with all-natural flavours, provides a full amino acid (including BCAA) profile and a creamier taste.

ALL NATURAL CLEAN PLANT POWERED PROTEIN

BENEFITS

- 100% **animal free** nutrition supplement
- 25g protein per serve with a full amino acid profile (rich in BCAA's)
- Rich in plant based iron
- Excellent protein source for people who are intolerant to animal and whey based proteins
- Assists with recovery

100% NATURALLY FLAVOURED PLANT BASED PROTEIN WITH NO FILLERS OR ARTIFICIAL INGREDIENTS

ALL NATURAL INGREDIENTS

Containing **only essential ingredients** with certified organic stevia and all-natural flavours and **no artificial additives or fillers**, Tuff Supps Native Whey Protein is the ideal base for smoothies and shakes to aid performance and recovery or as part of an everyday healthy diet and active lifestyle.

NON GMO SOURCED PLANT PROTEIN

PEA PROTEIN

Pea protein is a plant-based protein made from extracting the protein from green peas and is considered one of the **best plant based protein** sources due to its balanced amino acid profile and high protein concentration. It contains **all nine essential amino acids** that we must get from our diet and has one of the **highest biological values** making it one of the more **easily digested** plant-based proteins. Pea Protein is also **rich in iron** making it easy to consume with any diet.

WHOLE GRAIN RICE PROTEIN

Whole grain rice protein is a vegan-suitable protein powder that is also **hypoallergenic**, meaning it doesn't contain allergens typically found in whey, casein, wheat and soy. It is essentially tasteless, smoother and less gritty than other plant-based proteins and contains all the essential amino acids (or those amino acids that can't be synthesised by the human body).

FABA BEAN PROTEIN

Faba Beans belong to the pea and faba bean family of Fabaceae and are grown in Australia as a winter crop, adding nitrogen to the soil as an added advantage (rather than taking it away like other crops). Faba beans have the **highest protein percentage** (89%) of any plant-based protein powder, are **high in fibre** and contain **essential nutrients**. Faba bean protein has a much cleaner taste than other plant proteins and has a smooth, creamy consistency comparable to whey protein.

ALL NATURAL CLEAN PROTEIN

NUTRITIONAL INFORMATION

	PER 33g SERVE	PER 100g
ENERGY	505 kj (120 cal)	1530j kj (366 cal)
PROTEIN	24.7g	74.9G
TOTAL FAT	1.6g	4.9g
- SATURATED FAT	0.5g	1.4g
CARBOHYDRATES	1.5g	4.5g
- SUGARS	0.3g	0.8g
CREATINE MONHYDRATE	237mg	721mg

VANILLA

SALTED CARAMEL

DUTCH CHOCOLATE

VANILLA