

HIGH PROTEIN FORMULA

POWDER



Need of Proteins

Proteins are the main building blocks of the human body

They're used to make various important things, including tendons, organs and skin, as well as hormones, enzymes, neurotransmitters and various molecules.

Proteins are also the building blocks of the contractile elements in your muscles.

They're assembled from amino acids, smaller molecules that are linked together like beads on a string. Some amino acids are produced by your body's cells, while others are supplied by the food you eat. The ones that you must get from foods are termed essential amino acids.

Proteins that supply all nine essential amino acids are the best, and whey protein is loaded with them.

It's particularly high in important branched-chain amino acids (BCAAs) like leucine, and also contains a high amount of cysteine.

Studies show that leucine is the most anabolic (growth-promoting) amino acid, and cysteine can help boost levels of the cellular antioxidant glutathione

Whey protein appears to be particularly effective at stimulating growth in humans.

What Is Whey Protein?

- Whey protein contains an incredible range of essential amino acids, which are absorbed quickly
- Numerous studies show that it can help you increase strength, gain muscle and lose significant amounts of body fat.
- However, whey is more than just protein. It contains many other nutrients, some with potent biological effects.
- In fact, it's one of the best-studied supplements in the world.
- Whey protein powder is extremely popular due to its high digestibility and well-researched muscle-supporting benefits.
- Whey concentrate is mostly protein with minimal fats and carbs. It's special because of its host of precious bioactive compounds, which are what give whey its immune-boosting and antioxidant benefits

Why to take Whey Protein?

It's a high quality, well-absorbed source of protein that's very useful for hitting targeted daily protein goals. Its benefits extend to the benefits of increased protein intake in general, such as augmenting muscle gain in conjunction with resistance training, limiting muscle loss during low-calorie diets, and modestly limiting fat gain during periods of excessive calorie intake. As per studies, for muscle growth, whey protein has been shown to be slightly better compared to other types of protein.

Whey is not designed for bodybuilders alone. It has unique nutritional and functional properties which can be explored by all to deliver high quality protein, regardless of the fact whether or not you workout. Whey supplementation is suitable for gym goers, fitness-freaks, athletes, sports person, and those looking to lose weight.

HIGH PROTEIN FORMULA

POWDER



KEVA HIGH PROTEIN FORMULA

Keva Whey Protein Can Help Boost Your Protein and BCAA Intake

Keva High Protein Formula has been minimally processed to ensure you get maximum protein and nutrients, as preserved in their original form. You get only clean and pure powder, without any fillers or preservatives. Made from the finest ingredients and boast of high quality protein.

This an excellent quality protein formula. Dietary proteins are the source of nitrogen and indispensable amino acids which the body requires for tissue growth and maintenance. Therefore,

- ✓ Keva High Protein Formula contributes to the growth and maintenance of muscle mass and also to the maintenance of normal bones.
- ✓ Keva High Protein Formula is a so-called complete protein because it provides the body with all the necessary types of amino acids including the 9 amino acids which body cannot synthesize and must be supplied by the diet (i.e. Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan, Valine)



Above 84% WHEY PROTEIN CONCENTRATE, ISOLATED

KEVA

- ✓ It has a Protein Digestibility Corrected Amino Acid score (PDCAA) of 1
- ✓ PDCAAS is the world standard for evaluating Amino Acid Score (PDCAA) of 1.
- ✓ Soy Protein isolate is an excellent plant based quality protein source.



Keva High Protein Formula

Contains 14 Essential Amino Acids

INGREDIENTS: Isolated Soya Protein (80%), Whey Protein Concentrate (20%), Diluent (INS 460(i)), Vitamin C (L-Ascorbic acid), Anticaking agent (INS 551).

When taken in conjunction with adequate diet and exercise.
Easily Digestible



Contains **ISOLATED SOYA PROTEIN**

KEVA

Vegan friendly protein source

Increase dietary protein intake as part of healthy balanced diet

It has the highest biological value of all plant-based proteins. This means the body will use a large amount of what is ingested.

Soy is high in an amino acid called leucine, which is responsible for driving muscle growth. This process is essential for both cutting and bulking when you want to maintain and build muscle.

A benefit of soy protein is that it has no cholesterol and low amounts of saturated fat, whilst being a high quality protein.

Soy protein is one of the few proteins that is a complete protein. This means that it's made up of all the 9 essential amino acids (leucine, isoleucine, lysine, methionine, phenylalanine, threonine, tryptophan, valine, and histidine).

Kaipor



Contains **WHEY PROTEIN CONCENTRATE**

- Whey protein concentrate is a common body building supplement used to increase dietary protein intake, often with the goal of maximizing muscle hypertrophy.

It's excellent for muscle growth and repair. But whey protein concentrate offers much more than that:

Whey keeps you fuller longer, stabilizes your blood sugar, and protects your cells from stress, all of which contribute to consistent fat loss.

Whey concentrate can decrease blood sugar spikes by about 20% after a carb-rich meal. Stable blood sugar makes you far less likely to crave unhealthy food.

Whey contains precious enzymes and cofactors that increase glutathione, your body's strongest antioxidant. Glutathione protects your cells from stress. It also boosts your immune system, keeping you healthy in trying times.

It's exceptionally bioavailable, which makes it an especially valuable source of protein. As an added bonus, whey's easy digestion makes it good for people who have sensitive guts or struggle with nutrient absorption.

The KEVA logo is located in the top right corner of the slide. It consists of the word "KEVA" in a bold, green, sans-serif font. Above the letters "E" and "V" are several blue, overlapping rectangular shapes that resemble a stylized flag or a series of steps.

Contains **VITAMIN C**

Vitamin C is a water-soluble vitamin that must be obtained from the diet.

Keva High Protein Formula provides the required amount of Vitamin C to the human body

- May reduce your risk of chronic disease
- May help manage high blood pressure
- May lower your risk of heart disease
- May reduce blood uric acid levels and help prevent gout attacks
- Helps prevent iron deficiency
- Boosts immunity
- Protects your memory and thinking as you age



BENEFITS

- Protein helps in development of lean muscle mass, muscle maintenance and recovery
- Vitamin C supports Immune health
- Protein Supports Bone Health
- High Protein Formula, convenient way to supplement protein requirement
- **PROMOTES MUSCLE BUILDING:** Gain Lean Muscles Like Never Before
Formula in its Natural, Raw Form, as it is Ideal for those who love an intense workout, faster recovery and reduces muscle loss
- High intensity exercise can cause muscle degeneration unless loaded with protein. This formula includes the required BCAA in every serving which are the crucial amino acids for muscle repair and muscle regrowth. Our fast acting Whey protein can speed up the recovery process and help to accelerate protein synthesis. Faster recovery means more benefits.



NUTRITIONAL INFORMATION

NUTRITIONAL INFORMATION (Approx. values) Serving Size: 7g

Nutrients	Unit	Qty./100g	Qty./serving	*%RDA
Energy	kcal	365.66	25.5962	0.94%
Protein [^]	g	84.25	5.89	9.82%
Carbohydrate	g	2.00	0.14	**
Sugar (as sucrose)	g	0.00	0.00	**
Dietary Fiber	g	1.33	0.0931	**
Fat	g	2.00	0.14	0.47%
Saturated Fatty Acid	g	0.60	0.042	**
Polyunsaturated Fatty Acid	g	0.90	0.063	**
Monounsaturated Fatty Acid	g	0.50	0.035	**
Trans Fat	g	<0.01	<0.0007	**
Cholesterol	mg	<3.00	<0.21	**
Vitamin C	mg	167.00	11.69	29.23%
*%RDA values established as per ICMR guidelines for Men(Moderate Work).				
**%RDA values not established.				
Appropriate overages of vitamin added to compensate the loss of potency during storage.				

Derived Amino Acid Profile

Nutrients	Unit	Qty./100g	Qty./serving
Lysine	g	5.87	0.41
Tryptophan	g	1.3	0.09
Phenylalanine	g	4.07	0.28
Methionine	g	1.23	0.09
Threonine	g	3.75	0.26
Leucine	g	7.4	0.52
Isoleucine	g	4.31	0.30
Alanine	g	3.77	0.26
Arginine	g	5.55	0.39
Aspartic acid	g	9.66	0.68
Cysteine	g	1.27	0.09
Histidine	g	2.18	0.15
Tyrosine	g	2.89	0.20
Serine	g	4.37	0.31
Glycine	g	3.15	0.22
Valine	g	4.38	0.31



DOSAGE

Recommended Usage: Take 1 serving twice daily or as suggested by a healthcare professional.

Upon reconstitution, Stir well and consume immediately.

Recommended duration of use: Depends upon physical condition of individual.

Instruction for Use: Mix 1 heaped scoop (approx. 7 g) with desired juice, milk and shake to get high quality of protein.

Upon reconstitution, Stir well and consume immediately

Not to exceed the stated recommended daily usage

Pregnant/lactating women, children and people with medical conditions should consult a healthcare professional before use.



For more details, please contact

KEVA INDUSTRIES

Web: www.kevaind.org

Thank You