Sabinsa's Almond Protein: A Rich Source of All-natural, Vegan, and Versatile Protein

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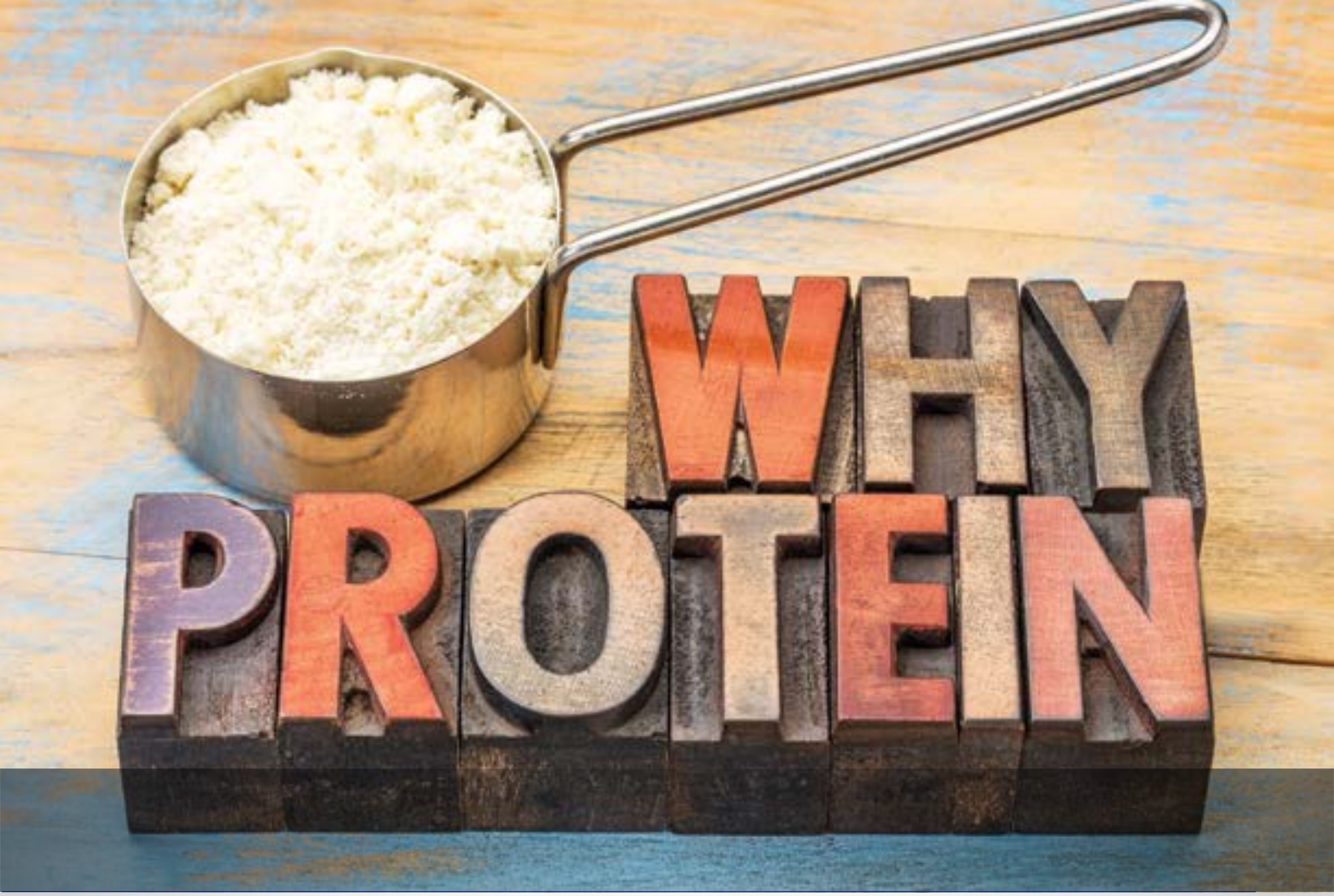
One of the long-standing and longest existing activities in the list of Food and Agriculture Organization (FAO) and World Health Organization (WHO)—technical agencies of the United Nations, during initial years of their establishment, was protein requirements of populations. This signifies the importance of protein and amino acid requirements in human nutrition. Since then a lot of research has been carried out, expert opinion has been sought, and several committees have been formed to estimate protein requirements and/or ideal amino acid composition as a part of nutritional needs of an individual or a group (1).



Protein, a powerful macronutrient like carbohydrates and fat, is a fundamental, structural and functional element of every living cell of the body, which plays an essential role in a wide range of metabolic interactions. In addition, our body utilizes this nutrient to build, repair and maintain several tissues and to make important enzymes, hormones, and other body chemicals. Protein is an important building block of bones, muscles, cartilage, skin, and blood. Our hair and nails are mostly made of protein. Thus, it is very crucial for all of us to maintain an adequate protein intake in the diet during our lifetime, particularly as we get older.

Proteins are the large molecules that are made up of long chains of amino acids—generally termed the 'building blocks of proteins.' Our body requires 20 different amino acids, which join-together to make different types of proteins that are essential to maintain good health. Of the 20 amino acids, 9 are considered as 'essential amino acids' (i.e. they are not made by the body and hence, must be obtained from diet), whereas remaining 11 amino acids are called 'non-essential', as they are made by the body itself.

However, unlike carbohydrates and fats, our body cannot store amino acids, and as a result they are constantly being broken down and replaced by our body. Therefore, our body must constantly be supplied with amino acids to synthesize new protein molecules.

A variety of common foods serve as a good source of proteins, viz. meat, fish, seafood, and eggs for those who follow a non-vegetarian diet, while the vegan population can get the required portion of protein from sources like dairy products (milk, cheese, yogurt), pulses, beans, grains, nuts (e.g. almonds, walnuts) etc.

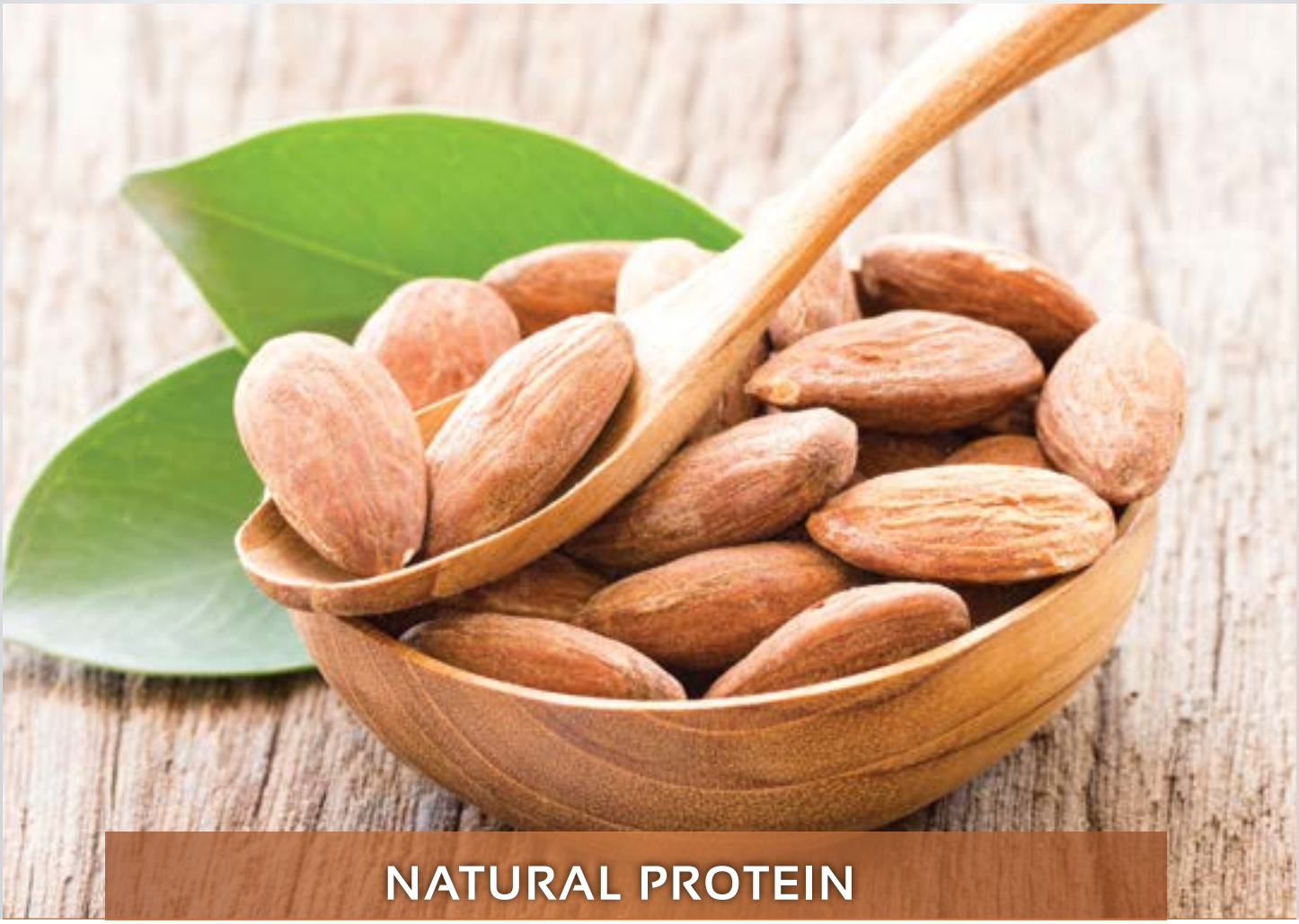
PROTEIN IS A POWERFUL MACRONUTRIENT FUNDAMENTAL STRUCTURAL FUNCTIONAL ELEMENT

ALMONDS

AN ENRICHED SOURCE OF NATURAL PROTEIN

Almonds (*Prunus amygdalus*), incredibly popular nuts in the US, belong to species related to cherries and plums, and are native to Middle East and South Asia. These highly nutritious and extremely healthy nuts are a rich source of proteins (16.42–22.17%), dietary fiber, and other micronutrients like calcium, magnesium, potassium, and vitamin E (α-tocopherol). Pepsin has been identified as the most efficient natural enzyme for hydrolyzing almond proteins, thus categorizing them under digestible proteins (2).

HEALTH BENEFITS OF ALMONDS



HEALTHY NUTRITION

HEALTHY CHOLESTEROL LEVELS

In recent years, extensive research on almonds has proved that this versatile nutrient food exerts an array of health benefits, including **healthy heart support** [maintaining healthy cholesterol levels (3, 4), reducing the risk of **coronary artery diseases** (5–7), **reducing oxidative stress** (8)], management of **diabetes** (6) and **obesity**, and **related complications** (3, 4, 9), maintaining the **body's energy flow,** and **preventing the risk of gallstones** (10, 11).

NUTRITION BENEFITS OF ALMONDS

Eating almonds improve the diet-quality in adults and young children, and modulates the microbial composition of the gastrointestinal tract (12). Almonds lowered blood sugar responses after eating as a snack. Almonds also reduced hunger and desire to eat, and did not increase the risk for weight gain (13).

A low-calorie diet group using almonds instead of complex carbohydrates had a sustained and greater weight reduction at the end of 24 weeks than those who ate a low-calorie diet with complex carbohydrates (14).

Almonds consistently lower the "bad," or LDL-cholesterol in healthy individuals or in persons with high cholesterol and diabetes. Almonds decrease the reabsorption of cholesterol, decrease bile acid excretion, and increase LDL-cholesterol receptor sites, which give circulating LDL-cholesterol more places to bind to, thereby lowering LDL-cholesterol levels in the blood (15).

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PROMOND™:
A NATURAL PROTEIN SOURCE WITH HIGH NUTRITIONAL VALUE

Sabinsa has come up with 100% natural, gluten-free, and vegan protein from almonds standardized to contain not less than 50% protein. It is an off-white to cream-colored, water-soluble powder, and has good taste compared to other protein powders. Nutrition facts sheet (serving size: 100 g) comparing different protein sources suggests that Promond™ has higher protein and amino acids content (see table).

COMPARISON OF NUTRITION FACTS OF DIFFERENT PROTEIN SOURCES

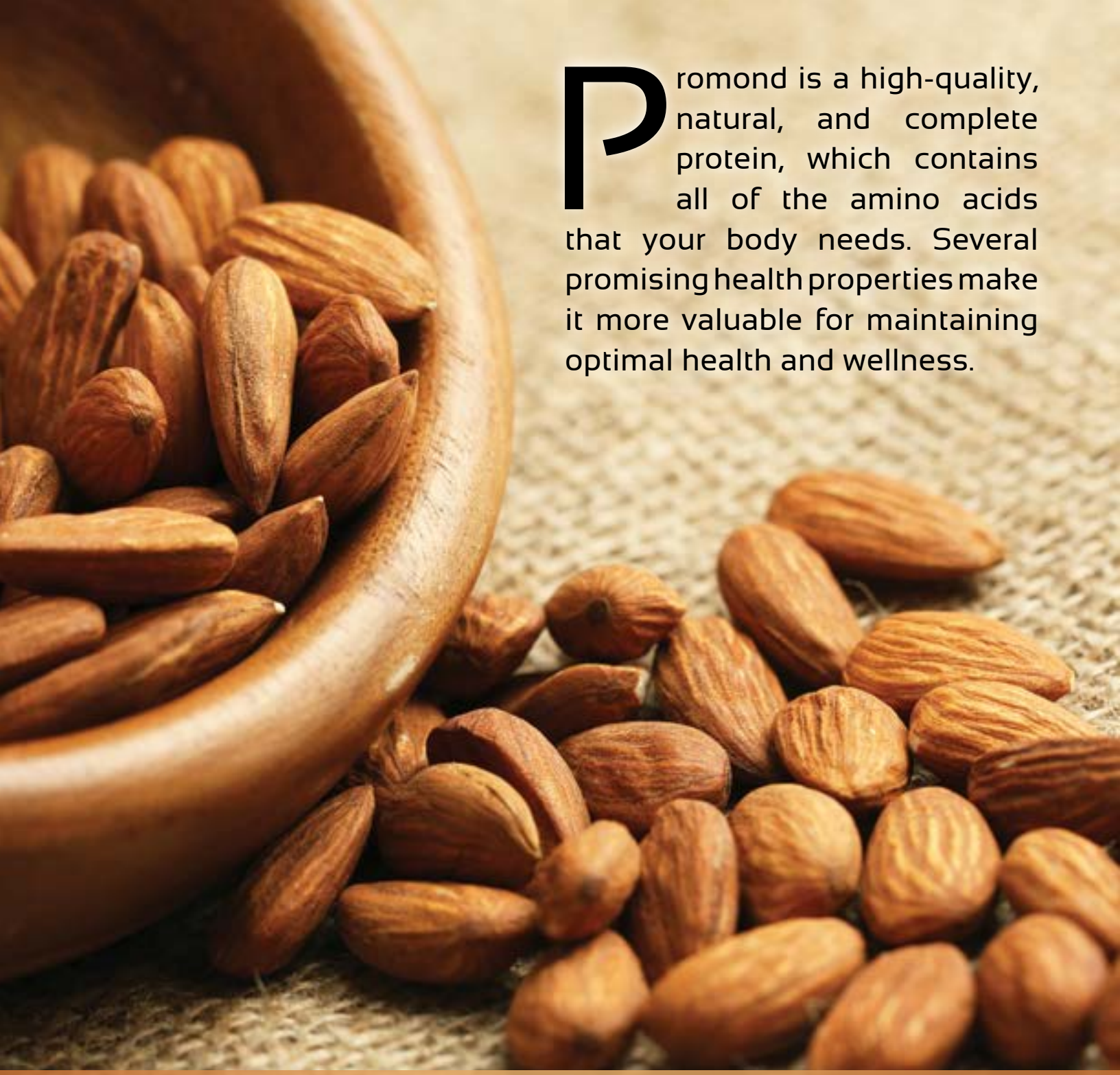
Particulars	Promond™	Black Beans	Pumpkin	Hemp
Source	**Badam Seeds**	Black Beans	Pumpkin Seeds	Hemp Seeds
Protein content	**58.02 g**	9 g	19 g	45 g
Amino acids	**60.9 g**	8.4 g	19 g	Not detected
Calories	**343.74 kcal**	132 kcal	446 kcal	403 kcal
Total fat	**Not detected**	1 g	19 g	12 g
Total carbohydrate	**8.5 g**	24 g	54 g	25 g
Sugars	**Not detected**	-	-	3 g
Water solubility (pH range: 5–7.5)	**Soluble**	-	-	-
Additional Information	**Gluten-free**	-	-	-

AMINO ACID PROFILE

- Gluten-free, low in hydrocarbons and sugars
- Contains aspartic acid, threonine, serine, glutamic acid, proline, glycine, alanine, valine, isoleucine, leucine, tyrosine, phenylalanine, histidine, lysine, arginine, cysteic acid, methionine, and tryptophan (constitutes both essential and non-essential amino acids)

SALIENT FEATURES

- Although its amino acid profile is similar to whey protein, is particularly high in **glutamate, arginine, aspartate**, and **phenylalanine**
- Its well-balanced profile fulfils the essential amino acid requirements outlined by the WHO for adults
- It easily gets digested, unlike popular whey protein powders, because it contains no **lactose or glutens**– hence, **no bloating**!
- Per serving protein content up to 0.5 g; and **zero fat**
- Having a complete array of amino acids, including high levels of branched-chain amino acids (BCAAs), it helps boost pre-workout energy and post-exercise muscle recovery, reduce muscle loss, supports build lean muscle mass and helps maintain a healthy weight, and regulates satiety



Promond is a high-quality, natural, and complete protein, which contains all of the amino acids that your body needs. Several promising health properties make it more valuable for maintaining optimal health and wellness.

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Sabinsa, founded in 1988, provides alternative and complementary natural products for human nutrition and well-being. Sabinsa has pioneered the introduction of more than 120 ingredients, ranging from standardized botanicals, natural cosmeceuticals, to multi-enzyme blends and production of a shelf-stable probiotic. To support these products, there are numerous privately funded clinical studies in conjunction with prestigious institutions studying these products in a very consistent manner. Sabinsa is globally positioned with 1,000 people working in manufacturing and distribution facilities, and 120 full-time scientists conducting on-going research in India and the United States. Ingredients by Sabinsa are both Kosher and Halal certified.

For more information, contact info@sabinsa.com.

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