



# Did You Know?

AMWAY PRODUCT FACTS

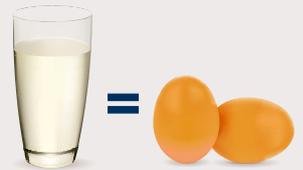


## NUTRIWAY® ALL PLANT PROTEIN POWDER

FACT  
**1**

### One Serve Is Equivalent To The Protein Source Of About 2 Eggs

The World Health Organisation (WHO) recommends we eat 0.83 grams of high-quality protein per kilogram of body weight per day. For a person weighing 60 kg, that's almost 50 grams of protein each day – or the equivalent of eight eggs. <sup>1</sup> NUTRIWAY® All Plant Protein can help you achieve your daily intake of protein with one serve equivalent to the protein source of about 2 eggs.



FACT  
**2**

### A Cholesterol Free Protein

When compared to protein foods of animal origin, All Plant Protein Powder is lower in saturated fat and free of cholesterol helping to support general wellbeing and support you on your weight management journey.



Scan to watch the video

FACT  
**3**

### Helps Increase Satiety

NUTRIWAY® All Plant Protein can be an effective part of a weight management routine as it offers a low fat, low carb protein alternative. Consuming a higher percentage of calories from protein helps to reduce appetite and control hunger.



FACT  
**4**

### High Quality And Digestible Protein Source

The soy in our NUTRIWAY® All Plant Protein Powder has a protein digestibility corrected amino acid score of one (PDCAAS = 1), which means it provides your body with a high quality source of protein (like meat, eggs, dairy) and the necessary amino acids to help maintain muscle mass.





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## Features & Benefits

- High quality protein supplement derived from three plant sources. It contains an exclusive NUTRIWAY® blend consisting of a unique tri-blend of soy, wheat and pea protein to provide your body with the right combination of essential amino acids.
- Is a healthy alternative to traditional sources of protein such as red meats, cheeses, eggs and whole milk.
- Provides an all-natural, no cholesterol and lean protein to support a healthy heart and those on a weight management program.
- Neutral in taste and easily dissolved, making it versatile to add to any meal or beverage.
- Just one serving provides 8g of high quality protein.
- Suitable for people who are lactose intolerant.



“Are you consuming enough protein every day?”

NUTRIWAY® All Plant Protein combines three vegetarian sources of protein in an easy to digest powder. Each serve of NUTRIWAY All Plant Protein provides 8 grams of protein to help you reach your protein intake goal.

In every meal, we should include a protein portion. When we are time poor, we often reach for carbohydrate foods without thinking about protein. NUTRIWAY All Plant Protein is versatile and can be used in shakes, added to cereals, included in homemade protein balls or added to your baked goods. Ensuring you and your family are getting enough protein has never been easier.

As part of the NUTRIWAY Foundational Trio, NUTRIWAY All Plant protein helps to support your everyday health by maintaining healthy muscles and can also assist with achieving your weight management goals by helping to reduce your appetite and control your hunger.

**Sarah Bramley**  
Amway Naturopath

## FOUNDATIONAL Trio



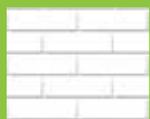
## The Key Foundations To Optimal Health

Did you know that there are three NUTRIWAY products that can provide you with the nutrients for a healthy foundation? These three products make up the NUTRIWAY Foundational Trio which includes NUTRIWAY DOUBLE X, NUTRIWAY All Plant Protein Powder and NUTRIWAY Omega-3 Complex. These key foundations to optimal health can be represented through the building blocks of a house.



Scan the QR code to learn more

### NUTRIWAY All Plant Protein



Just as the bricks are the basic construction of a house, proteins are the body's building blocks - they are the framework for muscle and bone.

### NUTRIWAY DOUBLE X



Vitamins and minerals can be compared to cement between the bricks of a house. They perform hundreds of roles in the body that help to sustain life and create a strong foundation.

Phytonutrients help to protect the integrity of the bricks and cement which keeps the house together. Phytonutrients provide your body with antioxidants that help protect against free radical damage and may also assist in protecting your immune system.

### NUTRIWAY Omega-3 Complex



Omega-3 helps to maintain the house's electricity and plumbing so everything works smoothly. Omega-3 plays a similar role in our body as it helps to support our nervous and cardiovascular systems to maintain optimal health.

For more information, visit [amway.com.au/amway.co.nz](http://amway.com.au/amway.co.nz)