

Scopri le fonti di proteine vegetali

Proteine dei PISELLI



Benefici dimostrati sui pazienti: **miglioramento dei sintomi gastrointestinali⁴**



Aumentano la massa muscolare²



Alta digeribilità e PDCASS = 1,0¹



Riducono la glicemia postprandiale e stimola il rilascio di insulina³



Ottima fonte proteica ricca in BCAA



Nessuna interazione tra farmaci



Proteine della SOIA



Possibili interazioni con i farmaci⁶



Il contenuto di fitoestrogeni è **condizionatamente adatto** a seconda dell'età del paziente, del sesso e della patologia di base⁵



I fitoestrogeni **modulano gli ormoni del sistema endocrino** in diversi organi e interessano uomini e donne⁵



Bibliografia:

01

Guillin, et al. Real ileal amino acid digestibility of pea protein compared to casein in healthy humans: a randomized trial. Am J Clin Nutr 2022.

02

Baboult, et al. Pea proteins oral supplementation promotes muscle thickness gains during resistance training: a double-blind, randomized, placebocontrolled clinical trial vs. whey protein. Journal of the International Society of Sports Nutrition, 2015.

03

Thondre, et al. Co-ingestion of NUTRALYS® pea protein and a highcarbohydrate beverage influences the glycaemic, insulinaemic, glucosedependent European Journal of Nutrition 2021. Also available for children from 3 years.

04

2020, Patient-Reported Outcomes Indicate Plant-Based Enteral Formula Improves Nutrition and Gastrointestinal Symptoms, Cohen, SA., Ramirez, A., Millovich, V.; ASPEN NUTRITION SCIENCE AND PRACTICE CONFERENCE: Tampa, Florida, March 28–31, 2020. Journal of Parenteral and Enteral Nutrition, 44(3): 275.doi.org/10.1002/jpen.1813

05

Dominguez-Lopez, I., Yago-Aragon, M., Salas-Huetos, A., Tresserra-Rimbau, A., & Hurtado-Barroso, S. (2020). Effects of Dietary Phytoestrogens on Hormones throughout a Human Lifespan: A Review. Nutrients, Review, 12(8), 1-15.

06

Soyata A., Hasanah A., Rusdiana T. Isoflavones in Soybean as a Daily Nutrient: The Mechanisms of Action and How They Alter the Pharmacokinetics of Drugs. Turk J Pharm Sci 2021;18(6):799-810.

