



# “PLANT-BASED” IS ONLY THE BEGINNING.

When it comes to health, consumers want to know more about the food they eat than just the nutritional composition. That’s why for almost a decade, Roquette has partnered on peer-reviewed, published clinical studies to demonstrate the health benefits of **NUTRALYS® pea protein** ingredients.

We don’t just make product claims; we back them up with science. For consumers with specific health concerns or dietary needs, that makes a difference.

People are asking deeper questions about health and food. If you need answers, **NUTRALYS®** already has the data to help get you started.

## Sports Nutrition

Consumers want a diet that can help them meet performance goals.

In 2020, 40% of US, UK and Australian consumers increased consumption of sports nutrition products.<sup>1</sup> Globally, 61% walk and 25% participate in intensive physical exercise each week.<sup>2</sup>



## Weight Management

Consumers want a diet that can help them feel full while controlling weight.

Around the world, 42% of consumers are actively monitoring food intake to manage weight<sup>2</sup> – and 38% say they were more concerned about their weight in 2020 than in the previous year.<sup>1</sup>



## Aging Gracefully

Consumers want a diet that will help them slow the march of time.

Among consumers aged 65 and older, 74% say they are concerned about loss of mobility and independence.<sup>3</sup>



## Diabetes

Consumers want a diet that can help them manage blood glucose levels.

By 2045, as many as 700 million people may be living with diabetes.<sup>4</sup> In 2019, 20 million or 16% of live births had some form of hyperglycemia in pregnancy.



<sup>1</sup> Innova market insights survey 2020

<sup>3</sup> HealthFocus, 2015

<sup>2</sup> Euromonitor, 2020

<sup>4</sup> International Diabetes Federation

Pea is not listed among major allergens and intolerant agents in EU (Annex II Regulation 1169/2011) neither in the Codex list of allergens to be labeled (Codex Stan 1-1985 (Rev. 1-1991)-§4.2.1.43). Due to a few rare reported allergic reactions with pea (and their derived products), we strongly suggest to our customers to list the botanical origin of their pea derived products in their ingredient statement.

# HEALTH BENEFITS BACKED UP BY SCIENCE.

## Premium Nutritional Quality

Why are **NUTRALYS® pea protein** ingredients so popular? It starts with their **well-balanced amino acids** profile and **easy digestibility**.<sup>1,2,3</sup> It continues with a **PDCAAS from 81 to 93**<sup>1</sup> (depending on the reference pattern used) and a **DIAAS up to 100%**.<sup>2</sup> While these premium nutritional qualities have been shown in studies and established in the market – they're just the beginning of what **NUTRALYS® pea protein** can mean for health.

Now, consumers look for specific health benefits. Here's how peer-reviewed clinical studies back up the performance of **NUTRALYS® pea protein** in the areas health-conscious eaters care about today.

### Sports Nutrition

Helps support muscle mass development.<sup>4</sup>

Helps with muscle recovery after exercise.<sup>5</sup>



### Satiety & Weight Management

Helps you feel full for longer.<sup>6</sup>

May assist in body weight management by limiting calorie intake.<sup>6</sup>



### Clinical & Senior Nutrition

Well accepted by people with decreased appetite.<sup>7,8</sup>



### Blood Glucose Management

Helps moderate blood glucose peaks and dips.<sup>9</sup>



**NUTRALYS® pea protein** offers the best of plant-based nutrition to meet specific health or dietary needs. To view specific studies or ask your own questions about the health benefits of **NUTRALYS® pea protein**, contact your Roquette representative today. It's our privilege to partner with you in helping the world eat well.

<sup>1</sup> Yang H et al. Agro Food Ind Hi Tech, 2012, 23(6): 8-10

<sup>2</sup> Guillin F et al. Submitted, 2021

<sup>3</sup> Overduin J et al. Food Nutr Res Jour, 2015; 59:25622

<sup>4</sup> Babault N et al. J Int Soc Sports Nutr, 2015; 12:3-9

<sup>5</sup> Nieman D et al. Nutrients, 2020; 18(8), 2382

<sup>6</sup> Re R et al. J Nutrition Health Food Sci, 2016; 4(3):1-10

<sup>7</sup> Allaert FA et al. Aging Clin Exp Res, 2016; 28:189-195

<sup>8</sup> Mortensen MN et al. Clin Nutr ESPEN, 2019; 30:113-118

<sup>9</sup> Thondre S et al. Eur J Nutr, 2021; online ahead of print

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