



PROTEIN FOR HEALTHY CONSCIOUS PEOPLE

RSVP™ is a vegan protein formulation consisting of a blend of a concentrated fraction of Organic Brown Rice, Pea Protein (*Pisum sativum*), and De-oiled Organic Coconut Flour. These patent pending vegan protein sources were carefully selected by New Spirit Naturals due to their protein, amino acid, fatty acid, nutritional benefits, low level of lipids, and taste profiles.

RSVP™'s unique combination provides an essential amino acid profile that is very close to that of the ideal protein for human nutrition and compared to other vegetable proteins represents a healthy approach to tomorrow's diet. New Spirit's special organic brown rice protein uses Non-GMO sprouted brown rice that has an amino acid profile closest to mother's milk. Brown rice is a complete protein that includes bran, plus germ and endosperm. In addition, we have added New Spirit's green food blend consisting of parsley, wheatgrass, alfalfa, and broccoli.

Proteins are required for the structure, function, and regulation of the body's cells, tissue, and organs. Vegan proteins, such as pea and brown rice contain very low levels of lipids, which offer an attractive nutritional profile in line with the World Health Organization's (WHO) recommendation for obesity and vascular disease prevention. Due to its solubility at low pH it behaves as a slow protein source. Slowly digested proteins are recommended for muscle recovery and as a clinical food.

ORGANIC COCONUT FLOUR

Coconut flour is a food grade product obtained after drying, expelling, and or extraction of most of the oil from the ground coconut meat. It has a great aroma and contains approximately 16-20% crude protein and 35-50% total dietary fiber. Coconut has been used in many scientific studies because of the natural healing properties it contains, namely due to the fatty acid composition and the fiber content of coconut.

BENEFITS ORGANIC BROWN RICE SILK PROTEIN

- Excellent source of vegan-hypoallergenic protein 80% protein
- Uses Non-GMO sprouted brown rice
- Bland taste
- Low Glycemic Index
- Excellent replacement for soy protein or animal protein
- Has amino acid profile closest to mother's milk
- Low in factors that can cause flatulence

PEA PROTEIN (80% PROTEIN)

New Spirit's Non-GMO Pea protein is extracted from yellow pea (*Pisum sativum*). This pea is traditionally, known as "split pea" and it is one of the plants that was initially grown in the Mediterranean-European region and has been a staple food for centuries.

New Spirit's pea protein is extracted by using water, without chemical solvent. The product is spray-dried and granulated to ensure easy blending and use in food processing. This enables it to maintain excellent functional properties and nutritional value.

Through a unique process, complex sugars that can cause digestive discomfort for some people are eliminated. In addition, pea protein is definitely an environmentally friendly source of protein for human food.

NSN'S GREEN FOOD BLEND

Organic Parsley—has a high enzyme content which aids digestive activity and elimination, supports the liver, kidneys, and adrenal glands, purifies blood and body fluids. Parsley is an ideal immune enriching food source. (McKeith, 2000)

Organic Alfalfa—Because of its deep root system, alfalfa is able to absorb minerals from the soil. Therefore, alfalfa is a rich source of vitamins, minerals, as well as, chlorophyll. Alfalfa leaves also contain flavones, isoflavones, and plant sterols. In traditional Chinese medicine, alfalfa is used to cleanse the digestive system and rid the bladder

NSN'S GREEN FOOD BLEND

Organic Broccoli—With more health benefits per bite than any other vegetable, broccoli takes the prize as the most nutritious vegetable around. It contains noteworthy nutrients like Vitamin C, Vitamin A (as beta-carotene), folic acid, calcium and fiber. Researchers have isolated two important phyto-chemicals (indoles and isothiocyanates). These compounds are said to increase the activity of a group of enzymes that squelch cancer causing effects.

Organic or Wildcrafted Watercress—is a powerful cleanser of the body, especially of the bloodstream. Watercress acts as a natural diuretic, helping draw excess fluids out of the body. It helps improve digestion by regulating the flow of bile. Watercress leaves are chlorophyll rich and are often chewed to absorb breath odors. Additionally, watercress is great for cleansing and improving the complexion and a good source of calcium and fiber.

INGREDIENTS

Whole Grain Organic Brown Rice Protein (Non-GMO, Kosher, Hypoallergenic), Pea (Pisum sativum) Protein (Non-GMO, Kosher, Halal), De-Oiled Lecithin, Organic Coconut (Cocos nucifera) flour, NSN's Green Food Blend containing: Organic Parsley leaf (Petroselinum sativum), Organic or Wildcrafted Watercress (Nasturtium officinale), Organic Alfalfa (Medicago sativa) juice, Organic Broccoli (Brassica oleraceae) extract (Non-GMO), Natural Vanilla Flavor, Fructooligosaccharide, Magic Fiber™ CLR (Maltodextrin-digestion resistant fiber).

SUPPLEMENT FACTS

Serving Size: 24 grams	Item # 4014	
Servings Per Bottle: 25		
	Amt. Per Serving	%DV*
Calories	90	
Calories from Fat	1	
Total Fat	0.5g	<1%
Total Carbohydrate	3g	1%
Dietary Fiber	2g	12.5%
Protein	15g	30%
Iron	2.5mg	13%
*Percent of DV based on 2000 calorie diet.		

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TYPICAL AMINO ACID PROFILE OF PROTEIN PER 100 GRAMS

Essential Amino Acids

Isoleucine	4.33
Leucine	7.22
Lysine	5.54
Methionine	1.21
Phenylalanine	4.21
Threonine	3.58
Tryptophan	1.00
Valine	4.50

Non-Essential Amino Acids

Alanine	0.83
Arginine	6.80
Aspartic Acid	9.01
Cystine	1.29
Glutamic Acid	14.49
Glycine	3.24
Histidine	2.03
Proline	4.24

SUGGESTED USE

Suggested use as a dietary supplement: Consume one or more serving daily to boost protein consumption. Mix 1 scoop RSVP™ with 8-10 ounces of water, non-fat milk, or other beverage. Stir or blend vigorously.

Depending on your dietary protein needs you may need to consume several servings per day. (A sample formula is to divide your weight by 2.2-- Example 150 divided by 2.2= 68 grams)

May be added to smoothies or added to your favorite foods or baked goods. RSVP™ can be used in conjunction with or as a replacement for soy or whey protein. Store tightly closed in a cool place.

REFERENCES

McKeith, G. (2000). Living Foods for Health. ISBN 0-7499-2074-2

The information in this article is not intended as medical advice, but only as a guide in working with your health care professional.

†Statements in this bulletin have not been evaluated by the FDA. This information is for educational and informational purposes only and is not intended to diagnose, treat, cure, or prevent any disease.