



Nutritional values

Protein

Builds nutritional muscle.

Proteins are the building blocks behind all our body's cells. As enzymes and hormone precursors, proteins regulate all the biochemical processes in your body. Proteins also help transport oxygen and nutrients.

Proteins are made up of more than 100 amino acids, of which 8 are essential; in other words, our body cannot produce them itself. The higher the amount of essential amino acids a protein contains, the more valuable it is.