

ITP - Ionic Transformative Protein

10 Performance

What it is:

- An all-natural GMO egg white protein with a high leucine content, fast digestibility and high amino acid profile.

Why take it:

- Adequate protein intake is vital for the growth, maintenance, and repair of all cells, including muscle cells. Factors that determine protein quality are the protein source, amino acid profile, leucine content, and an absence of fillers, dyes, and artificial sweeteners.
- **ITP** contains egg whites which is a complete source of high quality protein with high leucine content. Leucine is branched-chain essential amino acid which means our bodies do not produce it on our own and we need it from dietary sources. Leucine is needed for protein synthesis and muscle growth. Our bodies burn it as fuel and decreases with exercise, so it must be regularly replenished. Egg whites have fast digestibility, making them ideal for both pre and post workout.

How it works:

- **ITP** is a functional food mix with only 7 ingredients. These ingredients are all functional foods, each with a specific purpose beyond its macronutrient profile.
- **ITP** provides complete protein, electrolytes, trace minerals, and healthy fats that work together to protect, nourish, and revitalize the body.
- **ITP** contains specific ingredients to aid in workout recovery and support the immune system.
- **ITP** has a high leucine content and a complete amino acid profile.

Who should take it:

- Those wanting high quality supplemental protein source to aid in workout recovery and support the immune system.

Dosage:

- Mix 3 scoops with 4 to 6 oz of water or beverage of your choice depending on your dietary needs. .

Ingredients:

- Egg whites – a high quality, complete source of protein with a high leucine content. Leucine is branched-chain essential amino acid which means our bodies do not produce it on our own and we need it from dietary sources. Our bodies burn it as fuel and decreases with exercise, so it must be regularly replenished. Egg whites have fast digestibility, making them ideal for both pre and post workout. They have the highest biological value for a source of protein, meaning they are the one of the most complete sources of protein. The egg whites we use come from farm raised, non-genetically modified sources. To ensure the healthiest, highest quality eggs, the hens are never fed antibiotics or hormones and consume an all-natural diet.
- Colostrum – an incredibly rich source of immune factors and is considered by many in the science community to be one of the most potent immune boosters created by nature. Rich in IGF-1 and immunoglobins, it aids in recovery and immune response unlike any other substance. Colostrum does not contain the same makeup as milk and therefore is safe for those who are lactose intolerant. Research has shown colostrum to be associated with building better lean muscle mass and has consistently shown better results in multiple facets of health and performance when compared to whey protein.
- Organic Flax Seed – has been considered to be a superfood for thousands of years. We use certified organic flax meal from one of the best sources in the United States. The specialized processing techniques used to create this flax meal ensure a consistently high omega-3 content in every serving.
- Organic Coconut Flour – a gluten and grain free and does not impact blood sugar levels. Additionally, it is a source of protein, healthy fats, and fiber, making it a truly functional food.

- Organic Palm Nectar – derived from the coconut tree. Its nutritional profile is superior to other sweeteners with 16 amino acids and an abundance of electrolytes.
- Stevia – a natural sweetener derived from plant leaves that has no caloric value or impact on blood sugar levels. It contains amino acids and has proven beneficial for health and alkalizing the body.
- Shilajit – designed by nature to enhance the absorption, stability, and effectiveness of nutrients in the body. Polyelectrolytes control the release of complex protein structures by reactivating enzymes in the body and creating cellular charges.

FAQ's:

- Can children use this product?
 - Yes. It has many benefits for children as well.
- How many servings of this can I have per day?
 - Technically, you can have as many servings as you want, but it is important to note that too much protein in your diet will turn into stored fat.

ITP