

A rich source of all-natural, vegan, and versatile protein

- Free-flowing
- Water Extract, water Soluble
- Good taste



Promond™ is a 100% natural and vegan protein obtained from almonds and standardized to contain not less than 50% protein. This off-white to cream, free-flowing powder has good taste compared to other protein powders.

It is having a complete array of amino acids, including high levels of branched-chain amino acids (BCAAs). Although its amino acid profile is similar to whey and pea protein, is particularly high in glutamate, arginine, aspartate, and phenylalanine.

Almonds (*Prunus amygdalus*) are incredibly popular nuts worldwide, which belong to species related to cherries and plums, and are native to Middle East and South Asia.

These highly nutritious and extremely healthy nuts are a rich source of proteins, dietary fiber, and other micronutrients.

a.a.	/100	a.a.	/100	a.a.	/100
Glu	26,3	Phe	4,5	Asp	12,0
His	4,0	Thr	1,9	Cys	0,2
Ile	3,5	Trp	0,4	Gly	8,5
Leu	6,3	Val	4,1	Pro	5,1
Lys	2,5	Ala	4,2	Ser	3,1
Met	0,2	Arg	10,6	Tyr	2,6

In recent years, extensive research on almonds has proved that this versatile nutrient food exerts an array of health benefits, including healthy heart support [maintaining healthy cholesterol levels (Wien et al., 2010; Berryman et al., 2015), it may reduce risk of coronary artery diseases (Jenkins, 2002 & 2006; Hu et al., 1998) and oxidative stress (Li et al., 2007), healthy blood sugar levels (Jenkins et al., 2006) and healthy weight management, and related complications (Wein et al., 2003; Berryman et al., 2015; Abazarfard et al., 2014).