



COMPLEX PACK

Flavon's product development has taken a new direction! In addition to the regular intake of fruits and vegetables, we now offer an alternative to replace or supplement one or two full meals a day.

A new product line has been created, its first member is **Flavon Complex Pack**. It contains proteins, which are essential macronutrients for the human body; carbohydrates that provide energy indirectly; phytochemicals (antioxidants) of plant origin; vitamins and minerals.

Our aim is to contribute to a healthy diet, natural weight control, maintenance and regeneration of muscle health, muscle mass and bone health.

It is a powder-based product which, when dissolved in water (or milk/vegetable milk) **can provide all the nutrients you need to get from a meal.**

It is a complex product that all adults can consume: not just top-level sportspeople or men and women who want to gain muscle mass; not just dieters who want to get help with their diet; but also, for example, those who want to replace one or two meals with something quick that provides the essential nutrients.

During the development process, we focused primarily on the quality and type of protein, this is why we chose plants, pea and rice proteins, dismissing animal-based alternatives and soya.

The building blocks of proteins are amino acids, which we mostly get from our food, and some types are produced by our body. Proteins have complex spatial structure and many physiological roles, the prominent ones among them are ensuring muscle development, muscle function, maintaining proper sugar levels, healthy body weight, and providing skin and bone health. They are also important in the control of metabolic syndromes such as obesity. Obesity is a result of oxidative stress, sedentary lifestyle, lack of exercise, unhealthy diet and hormonal status, and can be linked to a number of health problems.

As mentioned, the protein blend in the product is of plant origin and can therefore be safely consumed by vegetarians and vegans. There are significant health differences between animal and vegetable proteins in favour of vegetable proteins. The nutritional values, antioxidant effects, essential amino acid content, absorption and digestibility of the latter one are all better than that of the animal proteins. Plant products contain fibres, they are cholesterol-free and are less allergenic, too.

Our new product combines proteins with a carbohydrate matrix consisting of maltodextrin and isomaltulose. The consumption of foods and drinks containing isomaltulose causes a lower rise in blood sugar levels after consumption than foods and drinks containing sugar.

The product is gluten- and soy-free, and it is low in fat. It also contains prebiotic plant fibres, the main source of which is added inulin. Complex is characterised by a high vitamin C content, which is mainly provided by rosehip as an extra ingredient. Vitamin C contributes to the protection of cells against oxidative stress and to the normal functioning of the nervous system. The product is also a source of vitamin D, E, B (B1, B2, B3, B5, B6, B9) and minerals (Mg, Zn, Ca, Cu). Among these, magnesium is particularly important, it helps to reduce fatigue and tiredness and plays a role in the normal protein synthesis.

The product's typical essential amino acids are L-arginine, L-lysine, L-methionine and L-carnitine, the last one having important physiological effects.

Alpha-lipoic acid of vegetable origin is an important ingredient; it has synergistic effects with other antioxidants, enhances glutathione production, regenerates vitamin A, C, E, and improves insulin sensitivity. It may promote skin health and natural weight control and the optimal functioning of our biological clock.

The plant ingredients in the product are of natural origin.



RECOMMENDED BY
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