

Botanicals Central  
Plant-based Protein + Creatine

Vegan | Lactose Free

## Highlights

Lactose-Free

100% Plant-Based (Suitable for Vegans)

Contains 5 g Creatine per serving

Provides 22 g of high-quality protein, 7000 mg of Essential Amino Acids (EAA), and 3100 mg of Branched-Chain Amino Acids (BCAA) per serving

Includes Fibersol-2, a soluble dietary fiber derived from corn

## Benefits

Multisource Plant Protein: Carefully selected high-quality pea protein isolate, soy protein isolate, and rice protein concentrate provide a complete profile of essential amino acids, supporting tissue repair and muscle growth.

Creatine Monohydrate: Highly bioavailable form of creatine that helps with nutritional support and physical performance enhancement.

Dietary Fiber: Promotes intestinal motility and supports digestive health.

Functional Nutrients: Fortified with hydrolyzed soy and fermented soy powder to help regulate physiological functions and support overall well-being

## Product Description

- (1) Intended Users: Suitable for fitness enthusiasts, athletes, and individuals requiring high protein intake.
- (2) Directions for Use: Mix one sachet (40 g) with 300 ml of room temperature water. Stir well and drink immediately.
- (3) Recommended Intake: 1–2 servings per day.
- (4) Storage Instructions: Store in a cool, dry place. Avoid exposure to heat and direct sunlight. Consume promptly after opening.
- (5) Allergen Information: This product contains soy-derived ingredients.
- (6) Warning (as required by Taiwan regulations): Creatine is not suitable for general consumption. Use only under the guidance of a physician, dietitian, or qualified health professional. Improper use may result in side effects including: muscle tears, water retention leading to increased cardiac load, kidney failure in individuals with impaired renal function, electrolyte imbalance causing cramps or vomiting due to increased fluid intake, and gastrointestinal discomfort (diarrhea).
- (7) Non-GMO Ingredients: Made with non-GMO soy protein isolate.

## References

- (1) Multi-Source Plant Protein (Pea Protein Isolate, Soy Protein Isolate, Rice Protein Concentrate (1-a) Complete Essential Amino Acid Supply

Research shows that the amino acid profiles of pea protein and rice protein are complementary, providing all nine essential amino acids required by the human body. When combined with soy protein, the amino acid composition approaches that of whey

protein. Babault *et al.*, 2015]

- Soy protein has been proven to promote muscle synthesis and maintain body composition, making it especially suitable as a protein source for vegetarians.[Messina, 2010]

(1-b) Clinical Application: A randomized controlled trial indicated that post-exercise supplementation with pea protein produces muscle thickness gains comparable to those from whey protein.[Babault *et al.*, 2015].

## (2) Creatine

(1-a) Enhances Strength and Exercise Performance: Creatine is one of the most scientifically supported sports nutrition supplements, shown to improve performance in high-intensity intermittent exercise, increase muscle strength, and boost explosive power.[Kreider *et al.*, 2017].

(1-b) Long-term Supplementation: Daily intake of creatine (3–5 g) effectively increases muscle mass and improves resistance training outcomes.[Buford *et al.*, 2007].

(1-c) Safety: The International Society of Sports Nutrition (ISSN) consensus statement concludes that creatine use is safe for healthy adults over the long term, with no significant renal toxicity observed.[Kreider *et al.*, 2017].

