

bioteen™

Teen Health



WHEY PROTEIN

PRODUCT OVERVIEW

WHEY PROTEIN

We've said it once and we'll say it again, the teenage years are tough. Besides everything that is going on emotionally, your teen's physical body is also undergoing quite a transformation. Nutrition is the cornerstone of supporting your growing teen and getting enough energy, macro and micronutrients is vital to support proper growth and development as well as increased activity. Protein is one of the most important macronutrients to consider at this critical time.

One of the reasons why protein is such an important nutrient is because in its simplest form, as amino acids, it forms the building blocks for cell development, growth and repair (1). This goes for muscle cells, hormones (like testosterone and growth hormone), transport cells that move iron into the blood and even the antibodies of the immune system.

Having enough protein, however, is only one piece of the puzzle. To ensure that the protein is used as a building block, the diet must contain enough energy, otherwise any additional protein will simply be used as an energy source. That's why focusing on a healthy, well balanced diet should be the first step with additional, easy to consume protein sources for those who need it. Bioteen's Whey Protein is the perfect addition to your teen's morning smoothie or healthy pancake mix because it adds the balance of extra protein to go along with the rest of a healthy, whole food diet.

We know that getting teens to choose the right foods at the right times is not always an easy feat, that's why Bioteen's Whey Protein is a great choice to meet the needs of those teen's who may not be reaching their protein goals. Our Whey Protein contains a unique mix of native whey protein, Teen Vitamin and Albion® mineral premix, Ferrochel® as well as Fibersol-2® to support your teen's health in a number of ways.

Whey protein a high quality protein that is easy to absorb

Whey is a milk protein, it is considered to have a high biological value (HBV) because it contains all 9 essential amino acids and is generally very well absorbed, meaning very little goes to waste. We have specifically included a special form of whey in our products called native whey protein (2). In comparison to the more common whey protein concentrate, which is a byproduct of cheese production, native whey protein is produced by the filtration of unprocessed milk. This production method is desirable because it leaves the whey proteins intact and also produces whey with a higher leucine content. Leucine is an essential amino acid that is both a signal and substrate for muscle protein synthesis, which is why it is very important for active teens with growing muscles.

Whey, Fibersol-2® and our micronutrient mix support your teen's immune system

Beyond being a great source of protein, which immune cells use to develop, grow and repair themselves, whey also contains biologically active molecules that may have a beneficial effect on immune health (1). To add to this immune supporting benefit, the prebiotic fiber Fibersol-2® acts as 'food' for the gut microbiome, helping it to produce beneficial substances like short chain fatty acids, which strengthen the physical gut barrier and regulate your immune response. In addition to this, prebiotics (like Fibersol-2®) also actively help to flush out invading pathogens minimizing the chances that they can make you sick (3).

WHEY PROTEIN

Our added vitamin and mineral mix means nothing is missing

Protein-containing foods generally contain a host of vitamins and minerals that are important for proper growth and development. To ensure that your teen gets all these nutrients in a convenient package, we have also included our unique Teen Vitamin and Albion® mineral premix. In addition to this, we have also included iron in the form of Ferrochel® because nutrient surveys have consistently shown that teen's are often getting less of this important mineral that their growing bodies need (4). Iron is vital for proper red blood cell development and assists in the transport of oxygen in the body. A deficiency in iron can result in iron deficiency anaemia, with symptoms like fatigue and weakness. When it comes to active teen's, various studies have found that iron supplementation among iron-deficient athletes improves their iron status and exercise performance (5).

Our supplements are safe and third party tested

One of the scary things about commercial protein supplements is that they are not generally very well regulated. This means that the manufacturers don't always disclose what they put in the supplement on their label. Because protein supplements are so closely tied to increased muscle mass, the risk here is that the supplement may be laced with illegal additives which can be harmful to your teen's health. At Bioteen, we put your mind at ease by investing in state of the art manufacturing. Not only do we source all the raw materials ourselves (meaning we have total control over what goes into our products) but we also carefully select third party certified contract manufacturers to produce our products. This means that you can be guaranteed that all the ingredients in the Bioteen range are safe to consume.

The bottom line

Bioteen's Whey Protein goes beyond offering extra protein. We have carefully curated this product to ensure that your teen gets the highest quality protein with maximal benefits together with immune and health supporting ingredients in a tasty, easy to drink and convenient package. Our Whey Protein is ideal for teen's not meeting their protein needs and can easily be added to their existing diet to give them the nutrient boost they need to reach their full potential.



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