



Available in Vanilla Delight and Creamy Chocolate

## Discussion

**VegaPro™** XYMOGEN's proprietary blend of pea protein isolate, glycine, taurine, rice protein concentrate, and L-glutamine provides 21 g of plant-based protein per serving of i5. VegaPro is easily digested, is gluten-free, and achieves an amino acid score of 100%.<sup>[1,2]</sup> This amino acid profile supports protein metabolism and lean body mass. Aminogen® enhances protein digestibility and absorption.\*

**IgG 2000 CWP™** is an immunoglobulin concentrate from colostrum whey peptides that delivers a minimum of 40% IgG immunoglobulin along with an array of compounds, including growth factors, sialic acid, lactoferrin, proline-rich peptides (PRPs), oligosaccharides, and gangliosides. Each of these components provides the user with different and complementary health benefits, such as fundamental support of immune function and modulation, lean body mass, brain and thymus health, microbiota modulation, and cytokine balance.\*<sup>[3]</sup>

Oral consumption of immunoglobulins derived from colostrum is a means of supporting passive immunity, protecting the body, and eliminating unwanted molecules.<sup>[4-7]</sup> The most versatile, IgG, is capable of carrying out all of the functions of immunoglobulin molecules, accounting for IgG 2000 CWP's broad range of immune-supportive effects.<sup>[8]</sup> Review of the research confirms that bovine colostrum supplementation confers other benefits, such as the maintenance of gastrointestinal integrity.<sup>[9-11]</sup> Oral immunoglobulins have been used in sports nutrition to support lean body mass,<sup>[12]</sup> physical exercise, and recovery following high-intensity training.<sup>[9,13]</sup> The 2.5 grams of immunoglobulins in each serving of i5 contribute to individual dosing requirements.\*

**OncoPLEX™** (glucoraphanin) This patented plant-based ingredient, also known as sulforaphane glucosinolate, is extracted from one of its most concentrated cruciferous sources—broccoli seeds.<sup>[14]</sup> An abundance of research demonstrates that when glucoraphanin is broken down to its active form, sulforaphane, it safely and effectively upregulates the body's natural phase II detoxification enzymes.<sup>[15-17]</sup> This activity in turn supports antioxidant activity and helps protect cells, cell membranes, and tissues from free-radical damage.\*

## Clinical Applications

- » Supports Improved Body Composition\*
- » Supports Immune Function by Providing Immunoglobulins and Other Immune Factors\*
- » Supports Healthy Cytokine Production\*
- » Supports Intestinal Health\*
- » Supports Detoxification\*

*i5™ represents an innovative approach to biotransformation for individuals whose health is constantly challenged. This all-natural, fructose-free formula includes ingredients that promote overall gastrointestinal health and support detoxification mechanisms and cytokine balance in the body. i5 features patented and proprietary ingredients, including 21 g of VegaPro™, a non-GMO, vegetable-based protein, as well as IgG 2000 CWP™, OncoPLEX™ (glucoraphanin), and arabinogalactan, a prebiotic. Professionals have reported best results when i5 is combined with a modified elimination diet.\**

**Arabinogalactan** Sourced from the larch tree, arabinogalactan is a non-digestible, soluble dietary fiber that contains arabinose and galactose monosaccharides. It is considered an excellent source of fiber, favorably supports gut microflora as a prebiotic, and serves as a precursor to short-chain fatty acids, all elements that help support gastrointestinal health.\*<sup>[18,19]</sup>

**i5™ Vanilla Delight Nutrition Facts**

10 Servings per container

| Serving size                  | 1 Packet (about 46g)  |
|-------------------------------|-----------------------|
| Amount per serving            | 170                   |
| Calories                      |                       |
|                               | <b>% Daily Value*</b> |
| <b>Total Fat</b> 3g           | 4%                    |
| Saturated Fat 1g              | 5%                    |
| Trans Fat 0g                  |                       |
| <b>Cholesterol</b> 0mg        | 0%                    |
| <b>Sodium</b> 410mg           | 18%                   |
| <b>Total Carbohydrate</b> 15g | 5%                    |
| Dietary Fiber 6g              | 21%                   |
| Total Sugars 6g               |                       |
| Includes 5g Added Sugars      | 10%                   |
| <b>Protein</b> 21g            |                       |
| Vitamin D 0mcg                | 0%                    |
| Calcium 35mg                  | 3%                    |
| Iron 4mg                      | 20%                   |
| Potassium 390mg               | 8%                    |

\* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Pea protein isolate, dried cane syrup, fiber complex (inulin (from chicory) and oat fiber), natural avors (no MSG), immunoglobulin protein concentrate, sunflower oil, glycine, arabinogalactan, tripotassium citrate, cellulose gum, xanthan gum, taurine, medium-chain triglyceride oil, fungal proteases<sup>S1</sup>, broccoli seed extract<sup>S2</sup>, rice protein concentrate, guar gum, stevia leaf extract, L-glutamine, and silica.  
**CONTAINS:** Milk

**DIRECTIONS:** Blend, shake, or briskly stir the contents of one packet (46 g) into 8-12 oz chilled water and consume one to two times daily, or as directed by your healthcare professional. Adjust amount of water to desired sweetness and thickness.

Consult your healthcare professional prior to use. Individuals taking medication should discuss potential interactions with their healthcare professional.

**STORAGE:** Keep closed in a cool, dry place out of reach of children.

**FORMULATED TO EXCLUDE:** Wheat, gluten, yeast, soy protein, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, and artificial preservatives.

 S1. AMINOGEN® is a registered trademark of Innophos Nutrition, Inc. AMINOGEN® is protected under U.S. patent 5,387,422.

 S2. TrueBroc® Produced under US patent 6,521,818 licensed from Brassica Protection Products LLC. TrueBroc is a registered trademark of Brassica Protection Products LLC.



Typical Amino Acid Profile Per Serving:

|               |          |               |          |
|---------------|----------|---------------|----------|
| Alanine       | 1,130 mg | Methionine    | 280 mg   |
| Arginine      | 2,100 mg | Phenylalanine | 1,340 mg |
| Aspartic Acid | 2,830 mg | Proline       | 1,180 mg |
| Cysteine      | 250 mg   | Serine        | 1,380 mg |
| Glutamic Acid | 4,140 mg | Taurine       | 500 mg   |
| Glycine       | 3,010 mg | Threonine     | 1,050 mg |
| Histidine     | 620 mg   | Tryptophan    | 270 mg   |
| Isoleucine    | 1,110 mg | Tyrosine      | 950 mg   |
| Leucine       | 2,090 mg | Valine        | 1,260 mg |
| Lysine        | 1,800 mg |               |          |

**References**

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Additional references available upon request



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.