

TerraMix™ Plant Protein FAQs



1. How do I consume the protein?

A. The direction of use depends on the intention of consuming this product. As a meal replacement, replace 1 of the main meals or take it between them as a healthy snack. For protein nourishing or muscle building - Take within 1 hour after a workout.

2. Are the vitamins and minerals in this product sufficient for the daily requirements?

A. Different age groups will require different amounts of vitamins and minerals. TerraMix Plant Protein is designed as a portable and convenient way to replace one or two meals. Consumers still need to get their vitamins and minerals from whole foods.

3. How much is the calories per serving?

A. 127kcal per serving.

4. How do you consume this product?

A. Add two scoops (~ 35g) of powder to 200-250 mL of water and stir/ shake well before drinking. You can also add it to milk, soymilk, fruit juice or other drinks that you like.

5. Is this protein sufficient as a meal replacement?

A. Protein is not the sole factor when it comes to meal replacement. TerraMix Plant Protein offers other nutrients similar to a dietary meal, which makes it a balanced meal replacement:

- *Carbohydrate*
- *Protein*
- *Fat*
- *Fibers & Prebiotics*
- *28 Vitamins and Minerals*

6. What is the difference between plant and whey protein?

A. Whey protein is dairy-based that contains lactose. Hence, it is not suitable for vegetarians, vegans, or those with lactose intolerance. TerraMix Plant Protein is packed with all essential amino acids. It is free from dairy, lactose and cholesterol, making it an ideal choice for vegetarians, vegans and those with lactose intolerance.

TerraMix Plant Protein is the ultimate fusion of 7 plant proteins, which provides:

- *18.4g protein per serving*
- *All essential amino acids*

7. Why is the TerraMix Plant Protein only 525g in size?

A. The vitamins and minerals may be oxidized after opening. TerraMix Plant Protein combines natural and freshly sourced ingredients. Packed in a convenient ration of 15 servings, consumers can comfortably consume within 2-3 weeks without worrying if ingredients may go bad or be oxidized.

8. Can anyone with chronic diseases consume this product?

A. Chronic diseases have different stages of severity, and the restriction could be different due to individual variation. Therefore, individuals with chronic diseases are strongly advised to consult their doctor or medical professional before taking a new supplement or product.

9. Can children consume this product?

A. TerraMix Plant Protein is intended for both young adults and adults. Therefore, we recommend consulting a physician before using it.

10. Can pregnant/lactating women consume this product?

A. Every pregnancy is unique. Therefore, we recommend consulting a physician before using it.