

# Strong Bodies Are Built by Protein



Scan to explore more and start closing your protein gap today!

Ever thought protein was only for athletes, runners or those trying to lose weight? Think again. Protein is not just about building muscle. It is the foundation of your entire body from your hair and skin to your body defense, hormone balance and joint health. Your body depends on protein every day to function optimally, repair itself and stay strong.



## Are You Getting Enough Protein?

Many people think they are eating enough but not necessarily nourishing enough. Your body may already be showing subtle signs of a protein gap:

- Feeling tired even after rest
- Dull skin, hair thinning or brittle nails
- Low energy or frequent cravings
- Muscle loss
- Still feeling hungry after meals
- Poor wound healing and recovery
- Difficulty concentrating or brain fog