

One Protein Shake A Day. Build the Habit. See the Difference.

Your body needs protein every day. Not only for muscles, but also to support strength, healthy skin and hair, and overall well-being. But the key is consistency. Make Soy Protein part of your daily routine and see the difference.

**START**

Feeling tired and
low energy



Dull skin



Low strength



Feel bloated
and sluggish

DAY 30

Sustained energy



Healthier skin



Better muscle
support



Less bloated,
reduced cravings

DAY 60

More energetic
throughout the day



Stronger hair
and nails



Improved
muscle tone



Improved
joint health

DAY 90

Consistent energy
every day



Radiant skin and
healthy glow



Leaner body
composition



Stronger,
healthier you

Start the Habit. Make Protein Shake Part of Your Daily Routine!

Small daily habits can add up to healthier, more consistent routine. Follow these simple tips!



Same Time

Pair Soy Protein Shake
with your breakfast or
morning routine.



Keep It Visible

Place Soy Protein
and your blender
within reach.



Mix It Up

Try different flavours,
fruits and simple
Soy Protein Shake recipes.

