

# Honest Plant Protein- Alphonso Mango

Plant-based protein with all essential amino acids, free from synthetic flavors.

Category: General Wellness

## Key Benefits

- Supports muscle recovery ✓
- Boosts protein intake ✓
- Aids weight management ✓



## Intended Audience

- ✓ Fitness enthusiasts
- ✓ Vegans
- ✓ Lactose intolerant

## Product Ingredients

Ingredient	Purpose	Benefit
Brown Rice Protein	Lean protein source	Muscle repair
Pea Protein Isolate	Supports muscle growth	Satiety boost
Alphonso Mango Powder	Sugar substitute	Natural sweetness
Monk Fruit Extract	Improves mood	Antioxidant support

Ingredient Source: Natural

Unique Features: Pea protein, no additives, doctor-formulated

## Product Comparison



Why it stands out

Clean, vegan, nutritious.



Why choose this product

High-quality, plant-based protein.

## Usage Guidelines

Mix 1 scoop (~42g) with 300ml of water or milk.



Who should use it

People who go to gym  
Vegans  
Busy professionals



Who should avoid it

Soy-allergic  
Specific protein allergies  
High-calorie diet seekers

## FAQ's

Safe for diabetics?

Yes, no refined sugar.

How to prepare it?

Mix 1 scoop with water or milk.

Is it gluten-free?

Yes, 100% gluten-free.

## Health Benefits

### Primary Benefits

Builds lean muscle  
Improves metabolism  
Reduces cravings.

### Scientific Basis

Rich in essential amino acids for muscle repair.

### How it works

Pea and brown rice protein blend delivers complete amino acids for muscle recovery and energy.