



REALEASY™ WITH PGX®

Vegan Meal Replacement

RESEARCH INFORMATION

Feature summary

It can be difficult to maintain a healthy body weight when you struggle with erratic blood sugar, uncontrolled hunger, and food cravings. RealEasy with PGX Vegan Meal Replacement shake combines the clinically supported weight loss benefits of PGX (PolyGlycopleX®) with organic pea protein, a full range of essential vitamins and minerals, lecithin, and medium-chain triglycerides (MCTs).

PGX is a blend of naturally occurring, water-soluble plant fibres produced through Natural Factors' proprietary EnviroSimplex® process. By absorbing water at a higher rate, gram for gram, than regular dietary fibres, PGX helps promote a feeling of fullness to reduce appetite. It also helps release glucose into the bloodstream gradually and brings blood sugar to normal levels. It provides a highly effective way for anyone dealing with fluctuating blood sugar to manage cravings and lower cholesterol levels naturally.

Every serving of Vegan RealEasy with PGX provides 22 g of protein and a range of optimum nutrients to support healthy weight loss. The chocolate- or vanilla-flavoured shakes taste delicious and can easily replace 1–2 meals per day. Simply add 2 scoops of RealEasy powder to 250–500 mL of water and shake or blend until smooth. It's *real easy* to trim down!

How it works

PolyGlycopleX (PGX) is a unique blend of highly viscous soluble fibres (konjac, xanthan gum, and sodium alginate). They work synergistically to bind water and expand, forming a highly viscous matrix that increases the volume of food in the digestive tract to slow digestion and gastric emptying (Solah et al., 2014). This promotes the sensation of fullness through physical distention and by altering the release of specific gut neuropeptides, helping to keep appetite under control for several hours (Solah et al., 2014; Reichert et al., 2013; Kacinik et al., 2011).

PGX slows the absorption of carbohydrates into the bloodstream, which helps steady blood glucose levels, keeps energy levels up, and increases insulin sensitivity (Jenkins et al., 2010; Brand-Miller et al., 2012).

PGX helps lower cholesterol levels in several possible ways, such as through binding cholesterol molecules from the digestive tract before they are absorbed into the blood, altering the body's fatty acid production, improving glycemic control, modifying the digestive microflora, and promoting weight loss (Solah et al., 2019).

Protein, or amino acids, are the building blocks of muscle and play many other vital roles in the body. Because the body can't store protein the way it stores fat, it's important to meet the DRI for protein, which varies for each individual. Whether vegan, vegetarian, or simply health conscious, it's important to get enough protein as part of a healthy weight-management program every day, as well as for optimal health.

Research

Soluble dietary fibre is a key nutrient for successful weight management because of its role in helping to promote satiety and create a feeling of fullness after eating. Highly viscous fibres, such as those in PGX, are even more beneficial for satiety than low-viscosity fibres. In a randomized controlled trial, healthy participants in their 20s who consumed 7.5 g of PGX with breakfast experienced a 34% increase in feelings of fullness compared to when they consumed the fibre inulin (Solah et al., 2014).

PGX can increase satiety for hours. In a double-blind, placebo-controlled study, women with a body mass index (BMI) of 25–35 were assigned a low-calorie diet in addition to consuming 5 g of PGX before each meal. After three days of use, women taking PGX reported significantly reduced appetites for up to 4.5 hours after eating, as well as stronger feelings of satiety and lower hunger scores than those taking a placebo (Kacinik et al., 2011).

Over an extended period, a reduced appetite can help with weight loss. A 12-week study found that overweight and obese men and women lost a significant amount of weight by replacing their breakfast and lunch with a PGX meal replacement that contained 5 g of PGX and 21 g of whey protein. Compared to baseline measurements, participants lost an average of 5.7 kg of weight, reduced their waist and hip circumferences by 7.1 cm and 5.6 cm, respectively, and lowered their BMI by 1.6 (Reichert et al., 2013).

PGX helps lower the glycemic index (GI) of food, which helps regulate the body's postprandial blood sugar levels. Researchers identified a significantly delayed postprandial glycemic response in participants who consumed PGX with their breakfast. Servings of 2.5 g, 5 g, and 7.5 g of PGX lowered plasma glucose levels by 25%, 42%, and 50%, respectively, compared to when the participants consumed inulin with their breakfast (Solah et al., 2014).

In terms of GI rating, a 5 g serving of PGX was shown to reduce the GI index of six different starchy foods by an average of 30% (Brand-Miller et al., 2012). In a randomized controlled trial, participants compared their body's response to eating different foods with and without 5 g of PGX. Results showed a clear trend with PGX lowering the glycemic index of rice by 45%, cornflakes by 26%, turkey dinner by 24%, and yogurt by 12% (Jenkins et al., 2010).

Consuming viscous dietary fibre, such as those used in PGX, plays an important role in maintaining healthy blood lipid levels. A randomized controlled trial of healthy, overweight adults age 25–70 found that taking 5 g of PGX granules with three meals per day for 12 weeks helped to reduce their non-HDL (high-density lipoprotein), LDL, and total cholesterol by 3.5%, 5%, and 6%, respectively (Solah et al., 2019).

A high-protein diet complements the weight loss and satiating benefits of PGX. When following a vegan diet, you can fulfill your body's protein requirements by eating a variety of plant proteins that have different amino acid profiles throughout the day (Mariotti et al., 2019).

Vegan RealEasy with PGX uses organic pea protein to provide essential amino acids, including branched-chain amino acids such as leucine, isoleucine, and valine, which are recognized for the repair and growth of lean muscle mass (Banaszek et al., 2019). Pea protein is easy for the body to digest and has a low potential for allergy or sensitivity (Ge et al., 2020). It has been shown to support strength, performance, body composition, and muscle repair to an equivalent level as whey protein, when consumed during eight weeks of high-intensity functional training (Banaszek et al., 2019).

Consuming protein has been shown to help lower blood glucose levels, increase satiety, and promote healthy cholesterol levels in people struggling with weight management. Plant-based proteins are particularly important for maintaining healthy metabolic parameters in the long term (Budhathoki et al., 2019).

Ingredients

3609

Each 2 scoops (61 g) contains:

Organic pea protein, Sugars (organic raw cane sugar, maltodextrin), Soy lecithin, PGX polysaccharides complex (glucomannan, xanthan gum, sodium alginate), Medium chain triglycerides, Sodium chloride, Dicalcium phosphate dihydrate, Potassium citrate, Magnesium citrate, Ascorbic acid, Zinc citrate, Niacinamide, Ferrous fumarate, Biotin, *d*-Alpha tocopheryl acetate, Copper chelate, Molybdenum citrate, Selenium chelate, Manganese citrate, Calcium pantothenate, Beta-carotene, Folic acid, Thiamine hydrochloride, Vitamin D3 (lichen), Pyridoxine hydrochloride, Riboflavin, Cyanocobalamin, Potassium iodide, Chromium chelate, Stevia leaf extract, Xylitol, Natural flavours.

3610

Each 2 scoops (59 g) contains:

Organic pea protein, Soy lecithin, Sugars (organic raw cane sugar, maltodextrin), PGX polysaccharides complex (glucomannan, xanthan gum, sodium alginate), Medium chain triglycerides, Sodium chloride, Dicalcium phosphate dihydrate, Potassium citrate, Magnesium citrate, Ascorbic acid, Zinc citrate, Niacinamide, Ferrous fumarate, Biotin, *d*-Alpha tocopheryl acetate, Copper chelate, Molybdenum citrate, Selenium chelate, Manganese citrate, Calcium pantothenate, Beta-carotene, Folic acid, Thiamine hydrochloride, Vitamin D3 (lichen), Pyridoxine hydrochloride, Riboflavin, Cyanocobalamin, Potassium iodide, Chromium chelate, Stevia leaf extract, Xylitol, Natural flavours.

Dosage

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Recommended use: Add 2 scoops (61 g) of RealEasy powder to 250–500 mL of water and shake in a shaker cup or mix in a blender until smooth to make a delicious, satisfying drink. Drink immediately after mixing, as it thickens quickly. Use 1–2 times daily as a meal replacement. When first taking RealEasy begin with 1 scoop (30.5 g) in 125–250 mL of water and gradually increase to 2 scoops (61 g) as directed above.

3610

Recommended use: Add 2 scoops (59 g) of RealEasy powder to 250–500 mL of water and shake in a shaker cup or mix in a blender until smooth to make a delicious, satisfying drink. Drink immediately after mixing, as it thickens quickly. Use 1–2 times daily as a meal replacement. When first taking RealEasy begin with 1 scoop (29.5 g) in 125–250 mL of water and gradually increase to 2 scoops (59 g) as directed above.

Cautions

Consult a health care practitioner if you are under 18 years of age, are pregnant or breastfeeding, or have any health concerns. If you are taking medication, take it one hour prior to or two hours after taking RealEasy. If your goal is to achieve weight loss, or if you are diabetic or on cholesterol lowering medications, consult a qualified health care practitioner prior to use. Keep out of the reach of children.

References

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