

# Frezz Orange Juice + Protein

## Protein enriched orange nectar

From the age of 30, your muscle mass decreases every year. Scarily once you reach eighty, you've probably only got about half of your protein levels left. Getting older is actually a mini-inflammatory process: this means the body becomes less and less efficient with protein.

The result is that you therefore need much more protein as you get older. And this is where Oranka's Orange Juice + Protein can provide some of those all essential nutrients.

11.03 grams  
of protein  
per 150ml glass of  
orange juice



Contains all 9  
essential amino acids  
that the body cannot  
make itself



- Contains 50% fruit
- Protein is important for recovery
- Protein contributes to the maintenance and growth of muscle mass
- 1 glass (150ml) contains 11.03 grams of protein
- Shelf life unopened outside of the refrigerator of at least 6 months
- Specially developed for the Healthcare Sector

Protein is the building material for muscles and is necessary for the balance between muscle breakdown and muscle building. With malnutrition, the need for protein is higher than normal. Getting the required amount of protein through the 'normal' daily menu or by eating a lot more usually doesn't work. Oranka's protein enriched Orange Nectar can make an important contribution to achieving people's protein goals.

The recommended daily protein intake for the elderly is 1 to 1.2 grams of protein per kilo of body weight. This means 20 to 25 grams of protein per meal. The morning turns out to be an important moment for protein intake. This is because protein is broken down at night. In the morning the protein balance is negative because of this and muscles are broken down until enough protein is ingested and the balance is positive again.

**Frezz Orange Juice + Protein**  
- the perfect way to start the day

**Oranka**  
juice solutions

**Interested ? Contact us to find out more**

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