



PeptiStrong® fava bean protein hydrolysate (Nuritas)

What is it?

PeptiStrong® is a mix of fava bean peptides developed by Nuritas, a pioneer in plant-based bioactive peptides. Peptides are short chains of amino acids, the building blocks of all protein, that play roles in many bodily functions and metabolic pathways. Using AI, Nuritas identifies bioactive peptides within plant proteins that may provide health benefits and then validates the potential with substantial research, culminating in robust clinical trials. (<https://www.nuritas.com/technology/the-nuritas-magnifier/>)

What benefits does it offer?

PeptiStrong® has been shown in multiple clinical trials to support muscle strength and improve muscle recovery. This is particularly important for longevity as muscle mass decreases with age. PeptiStrong® leads to greater increases in protein synthesis as compared to whey protein, which is traditionally used in sports nutrition products positioned for muscle health. Additionally, the peptides in PeptiStrong® have shown benefits not provided by fava bean protein alone. Altogether, PeptiStrong® supports muscle health regardless of age or athletic status, providing another option for achieving longevity.

For more information, visit <https://peptistrong.com>.