



**GREEN FRIENDS**

Fermented Health Food Company

# Whole Food Protein Preventing Muscle Loss

100% Plant Based Protein,  
Patented Low Molecular Fermentation Improves Nutrition Absorption

## Kongryeok Fermented Protein Supplement

### Danger of Shrinking Muscle Mass in 40s

The amount of muscle mass slowly shrinks with age, and by 80s, only half the amount of muscles in 20s are left. As the muscle mass shrink, your strength diminishes, and the quality of life decreases. Also, fat replaces muscle and cause lifestyle disease. In order to prevent muscle loss, consuming protein everyday is important.



### Easily Absorbed Fermented Soy Protein

The essential nutrition to prevent muscle loss is protein. However, protein is one of the most difficult nutrition to be absorbed. Korean soybeans provide higher protein than even beef. 'Kongryeok' contains Korean soybeans that are finely processed by low molecular fermentation. Thus, people with weak digestion can easily take sufficient protein and prevent muscle loss.

#### INGREDIENT

- Fermented yellow bean
- Fermented green kernel black bean
- Rhynchocytus volubilis
- Fermented brown rice
- Fermented calcium

#### RECOMENDED INTAKE

Take 2~3 times a day with water, or season it on your usual meal



157.5g 3.5g x 45 pack of granular

# Why Kongryeok Fermented Protein Supplement?

## Fermentation Improves Nutrition Absorption 10 Times More Than Beef

- By low molecular fermentation, soy protein is broken down to increase the absorption by 7.5 times

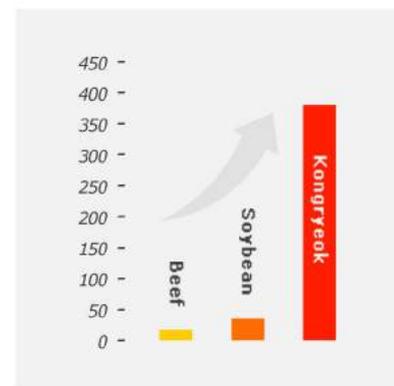
※ Contain fast-absorbing protein (Free amino acids) Beef < Unfermented soy < Kongryeok



- Compare to the unfermented soy, contain 28 times more leucine, which is an essential nutrients to build muscles

**Increase Essential Amino Acid Content by 10 times**

Young Nam University  
School of Biotechnology



## Whole Food Plant Protein Perfectly Preserved Nutrition

- Low-fat and high-protein with 8 kinds of Amino acid
- 3 kinds of non-GMO Korean beans  
Soybean, Green kernel black bean, Small black bean(Rhynchosia Nulubilis)
- Fermented whole beans to preserve all the 4 basic nutrients and vitamin minerals
- Contain less sulfur amino acid, which is mostly found in animal based protein
- Contain sufficient unsaturated fatty acid that helps lower cholesterol level

## Certified Quality and Manufacturing Facilities by Korean Governments

- 100% organic plant ingredients safe for long-term intake
- All grains originated in Korea
- No artificial ingredients