

# Peavine



## Peavine

The squeezed juice from the combined pods, vines, leaves, and stems of the common pea (*Pisum sativum*) is a nutritionally packed source of essential vitamins and a significant source for phenolic compounds.

### Phytoactives

#### Lignans

Large plant polyphenolic compounds that bypass human digestion, feed gut bacteria, and provide antioxidant activity

- Lariciresinol** (0.5 mcg/g)\*
- Pinoresinol** (0.07 mcg/g)\*
- Syringaresinol** (0.04 mcg/g)\*
- Medioresinol** (0.035 mcg/g)\*
- Secoisolariciresinol** (0.00756 mcg/g)\*

#### Chlorophyll

Green pigment in plants with potential anti-inflammatory, antioxidant, and anti-bacterial activity

#### Carotenoids

Antioxidants with anti-cancer potential and may lower risk of macular degeneration

- Lutein** (7.22 mcg/g)\*\*
- Zeaxanthin** (0.39 mcg/g)\*\*

#### Flavanols

Promote antioxidant, anti-cancer, antimicrobial, and anti-inflammatory activity

- Catechin** (0.1 mcg/g)\*
- Epicatechin** (0.1 mcg/g)\*
- Epigallocatechin**
- Gallocatechin**

#### Flavanols

Promote antioxidant activity and vascular health

- Kaempferol**
- Quercetin**

#### Phenolic Acid

Compounds that promote antioxidant activity and vascular health

- Sinapoyl-glucoside**

#### Saponins

Support the immune system, healthy cholesterol levels, and blood glucose levels

- Soyasaponin I**
- Soyasaponin Bg**

## What is the Whole Food Matrix?

Supports balanced immune modulation for healthy inflammation response

Supports gut microbes and a healthy metabolic fingerprint of the gut

Enhances nutrient bioavailability up to 60%

Includes organic and adaptive regenerative farming techniques that deliver a nutrient-dense source of key phytonutrients and help balance healthy lifestyles

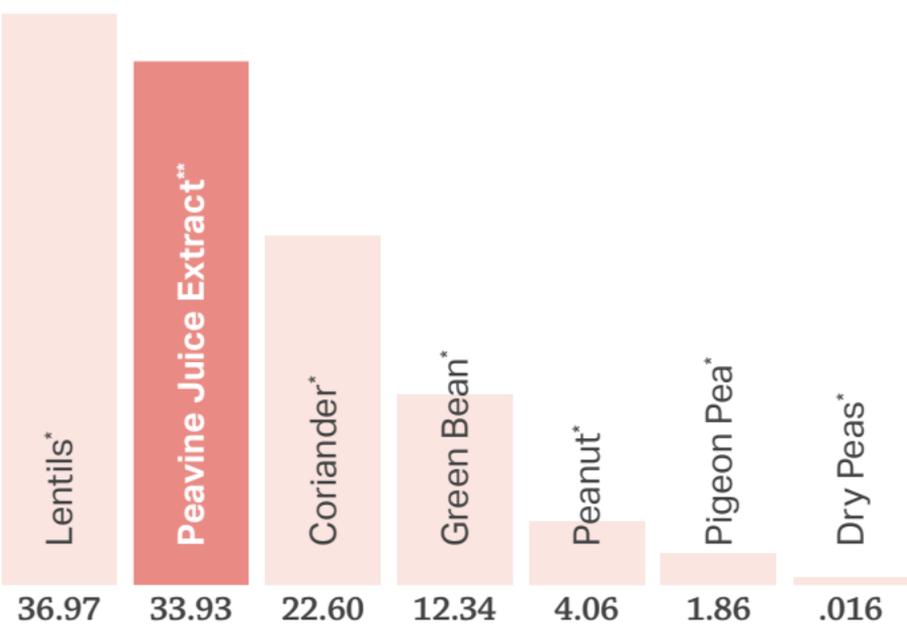
Increases intake of vegetables and fruits in whole food nutrition to influence individual epigenetic expression

## Gallic Acid Equivalence

GAE, or “gallic acid equivalence,” indicates levels of important phytoactives available in the plant and extracts. GAE is derived by comparing to the gallic acid reference standard, a simple phenolic substance. Studies have shown that phytoactives in plants contribute to their beneficial effect on development of chronic diseases.

## Total Phenolic Concentration

Measured: Total Phenolics as Gallic Acid Equivalence (mg/g)

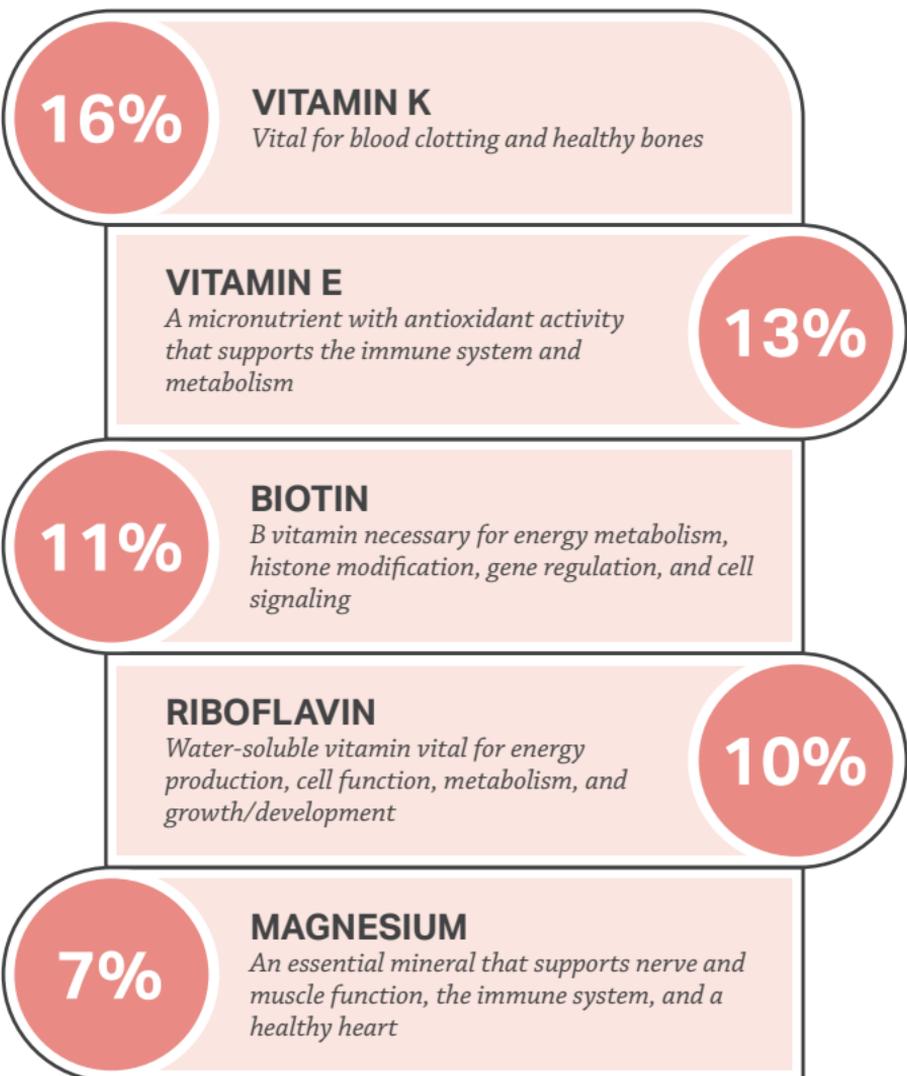


\* Data is mean values from Phenol-Explorer Database<sup>1</sup>

\*\* Data on file with WholisticMatters Values subject to change based on strain and experimental methods

## Key Nutrients

Percentages shown as %DV per serving of 5g dry peavine plant extract



## Other Nutrients

In order of %DV per 5g peavine juice extract

- Copper
- Vitamin B<sub>6</sub>
- Iron
- Folate
- Calcium
- Selenium
- Niacin
- Manganese
- Potassium
- Pantothenic acid
- Zinc
- Phosphorus
- Choline
- Fiber
- Thiamin



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## REFERENCES

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