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. Eating peas and other legumes improves your food quality score (FQS).

**Lignans**
- Large plant polyphenolic compounds that bypass human digestion, food 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 (0.007 mcg/g)*
- Lutein (7.22 mcg/g)**
- Zeaxanthin (0.39 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 (0.39 mcg/g)**
- Zeaxanthin (0.39 mcg/g)**

**Flavonols**
Promote antioxidant activity and promote vascular health
- Quercetin
- Lutein
- Zeaxanthin
- Saponins
- Soyasaponin I
- Soyasaponin II

**Antioxidants**
Promote antioxidant activity and promote vascular health
- Catechin
- Epicatechin
- Epigallocatechin
- Gallocatechin
- Kaempferol
- Quercetin

**Flavanols**
Promote antioxidant activity and promote vascular health
- Catechin
- Epicatechin
- Epigallocatechin
- Gallocatechin

**Carotenoids**
Green pigment in plants with potential anti-inflammatory, antioxidant, and anti-bacterial activity
- Lutein (0.39 mcg/g)**
- Zeaxanthin (0.39 mcg/g)**

**Flavonols**
Promote antioxidant activity and promote vascular health
- Quercetin
- Lutein
- Zeaxanthin
- Saponins
- Soyasaponin I
- Soyasaponin II

**What is the Whole Food Matrix?**
- Supports balance immune modulation for healthy inflammation response.
- Supports the gut microflora and a healthy metabolic fingerprint of the gut.
- Reduced intake of vegetables and fruits in whole food nutrition influences individual epigenetic expression of our health potential.
- Increased intake of vegetables and fruits in whole food nutrition influences individual epigenetic expression of our health potential.
- Promotes nutrient food matrix enhances bioavailability by up to 60%.
- Nutrient dense source of key phytonutrients and helps balance healthy lifestyles.
- Supports balance immune modulation for healthy inflammation response.

**Phytoactives**
- Large plant polyphenolic compounds that bypass human digestion, food gut bacteria, and provide antioxidant activity
- Lariciresinol
- Pinoresinol
- Syringaresinol
- Medioresinol
- Secoisolariciresinol
- Lutein
- Zeaxanthin
- Catechin
- Epicatechin
- Epigallocatechin
- Gallocatechin
- Kaempferol
- Quercetin

**Saponins**
- Soyasaponin I
- Soyasaponin II

**Lignans**
- Large plant polyphenolic compounds that bypass human digestion, food gut bacteria, and provide antioxidant activity
- Lariciresinol
- Pinoresinol
- Syringaresinol
- Medioresinol
- Secoisolariciresinol

**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
- Zeaxanthin

**Flavonols**
- Promote antioxidant activity and promote vascular health
- Catechin
- Epicatechin
- Epigallocatechin
- Gallocatechin
- Kaempferol
- Quercetin

**Flavanols**
- Promote antioxidant activity and promote vascular health
- Catechin
- Epicatechin
- Epigallocatechin
- Gallocatechin

**Carotenoids**
- Green pigment in plants with potential anti-inflammatory, antioxidant, and anti-bacterial activity
- Lutein
- Zeaxanthin

**Flavonols**
- Promote antioxidant activity and promote vascular health
- Catechin
- Epicatechin
- Epigallocatechin
- Gallocatechin
- Kaempferol
- Quercetin
Gallic Acid Equivalence

What is GAE?
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)

<table>
<thead>
<tr>
<th></th>
<th>Lentils*</th>
<th>Peavine Juice**</th>
<th>Coriander*</th>
<th>Green Bean*</th>
<th>Pigeon Pea*</th>
<th>Dry Peas*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>36.97</td>
<td>33.93</td>
<td>22.60</td>
<td>12.34</td>
<td>4.06</td>
<td>1.86</td>
</tr>
</tbody>
</table>

* Data is mean values from Phenol-Explorer Database
** Data on file with WholisticMatters
Values subject to change based on strain and experimental methods

Vitamin K
Vital for blood clotting and healthy bones.

Vitamin E
A micronutrient with antioxidant activity that supports the immune system and metabolism.

Biotin
B vitamin necessary for energy metabolism, hormone modification, gene regulation, and cell signaling.

Riboflavin
Water-soluble vitamin vital for energy production, cell function, metabolism, and growth/development.

Magnesium
An essential mineral that supports nerve and muscle function, the immune system, and a healthy heart.

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

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin K</td>
<td>16%</td>
<td></td>
</tr>
<tr>
<td>Vitamin E</td>
<td>13%</td>
<td></td>
</tr>
<tr>
<td>Biotin</td>
<td>11%</td>
<td></td>
</tr>
<tr>
<td>Riboflavin</td>
<td>10%</td>
<td></td>
</tr>
<tr>
<td>Magnesium</td>
<td>7%</td>
<td></td>
</tr>
</tbody>
</table>

Other Nutrients
(in order of %DV per 5g peavine juice extract)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Copper</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin B9 (Pterinyl)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5'-phosphoribosyl</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Folic (Vitamin B9)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zinc</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phosphorus</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Choline</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carbohydrates</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Selenium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thiamin (Vitamin B1)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Niacin (Vitamin B3)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Manganese</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potassium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Folate (Vitamin B9)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pantothenic acid (Vitamin B5)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Biotin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin B6 (Pyridoxal 5'-phosphate)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Copper</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Riboflavin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thiamin (Vitamin B1)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Folate (Vitamin B9)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Niacin (Vitamin B3)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phosphorus</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Choline</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thiamin (Vitamin B1)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

References

©2020 Standard Process Inc. All rights reserved. L00068 03/20

We are dedicated to advancing the latest insights and information available in nutrition therapy and clinical nutrition and to presenting only the most balanced, credible, and reliable clinical nutrition and science available.

WholisticMatters.com