

# Pulsin™

www.pulsin.co.uk



Lovingly crafted,  
100% natural protein bars,  
raw chocolate treats and  
protein powders that  
are as good for you  
as they taste.

Power your  
workouts and  
fuel your day with  
our action-packed  
natural protein  
bars.



Treat yourself well with  
our 100% raw chocolate  
brownies. Stuffed with  
stress-busting, brain-  
boosting natural  
ingredients they're a  
perfectly delicious  
guilt-free treat.

Pulsin' products are made from only the finest  
natural ingredients. They're free from nasties,  
high in protein and low in GI making them ideal  
for everyone, anytime.

Sprinkle into soup,  
smoothies and juices ↘

Nutrient-rich  
plant protein ↙

<p><b>Pulsin SOYA PROTEIN</b> NATURAL &amp; UNFLAVOURED PREMIUM QUALITY VEGAN PROTEIN POWDER TO FORTIFY BOTH SWEET AND SAVOURY FOODS</p> <p>LOW GI/GL</p> <p>NT WT: 250g (8.82 oz)</p>	<p><b>Pulsin RICE PROTEIN</b> NATURAL &amp; UNFLAVOURED PREMIUM QUALITY VEGAN PROTEIN POWDER TO FORTIFY BOTH SWEET AND SAVOURY FOODS</p> <p>80% PROTEIN</p> <p>LOW GI/GL</p> <p>NT WT: 250g (8.82 oz)</p>	<p><b>Pulsin PEA PROTEIN</b> NATURAL &amp; UNFLAVOURED PREMIUM QUALITY VEGAN PROTEIN POWDER TO FORTIFY BOTH SWEET AND SAVOURY FOODS</p> <p>80% PROTEIN</p> <p>LOW GI/GL</p> <p>NT WT: 250g (8.82 oz)</p>	<p><b>Pulsin HEMP PROTEIN</b> NATURAL &amp; UNFLAVOURED PREMIUM QUALITY COLD-PRESSED VEGAN PROTEIN POWDER TO FORTIFY BOTH SWEET AND SAVOURY FOODS</p> <p>47% PROTEIN</p> <p>LOW GI/GL</p> <p>NT WT: 250g (8.82 oz)</p>	<p><b>Pulsin WHEY PROTEIN</b> NATURAL &amp; UNFLAVOURED PREMIUM QUALITY PROTEIN POWDER TO FORTIFY BOTH SWEET AND SAVOURY FOODS</p> <p>93% PROTEIN</p> <p>LOW GI/GL</p> <p>NT WT: 250g (8.82 oz)</p>
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Curb cravings ↘  
with a spoonful a day

Rich in Omega Oils ↘  
& High in Fibre

Perfect for athletes in training ↙





	Dairy Free	Soya Free	Nutritional Analysis per 50g bar or 20g protein powder serving							green = low amber = medium		Weight	Pulsin' Ltd Unit 16 Brunel Court Gloucester GL2 2AL UK t: +44 (0)1452 728 900 e: orders@pulsin.co.uk w: www.pulsin.co.uk	
			Energy		Protein (g)	Carbohydrates (of which sugar) (g)	Fat (of which saturated) (g)	Fibre (g)	Sodium (mg)	GI	GL			
			KJ	kcal										
ALMOND & RAISIN RAW CHOC BROWNIE	✓	✓	819	195	4.3	27.1 (19.0)	8.7 (3.0)	3.0	37	48	11.5	50g	Dates, Raisins (14%), Cashew Butter, Almonds (10%), Raw Cacao (10%), Brown Rice Powder, Brown Rice Malt, Cacao Butter (4%), Sea Salt, Green Tea Extract.	<ul style="list-style-type: none"><li>Great source of antioxidants from raw cacao</li><li>Replacement for high sugar chocolate snacks</li><li>Great as a healthy treat for adults and children</li></ul>
MACA BLISS RAW CHOC BROWNIE	✓	✓	808	192	4.0	30.0 (19.0)	7.2 (4.0)	3.0	45	51	13.8	50g	Dates, Cashew Butter, Brown Rice Malt, Raw Cacao (12%), Brown Rice Powder, Cacao Butter (5%), Maca (2000mg), Ashwagandha Root (200mg), Sea Salt, Green Tea Extract.	<ul style="list-style-type: none"><li>Effective adaptogenic combination of maca and ashwagandha</li><li>Helps overcome stress and fatigue</li><li>Raw cacao is packed with antioxidants and beneficial minerals</li></ul>
RASPBERRY & GOJI RAW CHOC BROWNIE	✓	✓	789	188	3.9	29.5 (19.0)	7.0 (4.0)	3.0	54	49	13.2	50g	Dates, Cashew Butter, Brown Rice Malt, Brown Rice Powder, Raw Cacao (8%), Goji Berries (6%), Cacao Butter (4%), Freeze-Dried Raspberries (2.5%), Sea Salt, Green Tea Extract.	<ul style="list-style-type: none"><li>Bursting with antioxidants from cacao, goji and raspberries</li><li>Helps maintain a healthy cardiovascular system</li><li>Helps neutralise free radicals produced by intensive exercise</li></ul>
MAPLE AND WHEY CRISP PROTEIN SNACK			888	209	15.0	16.5 (9.1)	8.6 (1.9)	4.0	76	39	5.9	50g	Peanuts (23%), Brown Rice Malt, Whey Protein Crisps (Whey Protein Isolate, Rice Flour, Soya Lecithin), Whey Protein Isolate, Chicory Fibre, Pea Protein Isolate, Natural Maple Syrup (7%), Cacao Butter, Concentrated Fruit Juice, Rice Starch, Rice Protein, Carob, Sea Salt, Green Tea Extract.	<ul style="list-style-type: none"><li>15g of high quality protein from our sustained release blend of protein sources</li><li>Aids rapid muscle recovery with high levels of BCAAs</li><li>Great as a nutritionally balanced meal replacement</li></ul>
MAPLE AND PEANUT PROTEIN SNACK	✓	✓	944	222	12.0	16.2 (10.0)	11.4 (2.6)	4.4	76	33	4.0	50g	Peanuts (30%), Brown Rice Malt, Pea Protein Isolate, Chicory Fibre, Cacao Butter, Rice Protein, Natural Maple Syrup (7%), Concentrated Fruit Juice, Rice Starch, Carob, Sea Salt, Green Tea Extract.	<ul style="list-style-type: none"><li>12g of high quality vegan protein</li><li>Aids muscle recovery</li><li>Nutritionally balanced to provide sustained energy levels</li></ul>
VANILLA CHOC CHIP PROTEIN SNACK	✓	✓	925	225	12.0	14.5 (6.2)	13.1 (3.2)	4.6	57	33	3.3	50g	Almonds, Rice Protein, Agave Nectar, Chocolate Chips (Cocoa Mass, Xylitol, Cocoa Butter, Sunflower Lecithin) (9%), Chicory Fibre, Pea Protein Isolate, Concentrated Fruit Juice, Rice Starch, Xylitol, Cacao Butter, Vanilla Extract (2%), Guar Gum, Green Tea Extract.	<ul style="list-style-type: none"><li>12g of high quality vegan protein</li><li>Very low GL recipe to provide sustained energy levels</li><li>Contains xylitol to help protect against tooth decay</li></ul>
WHEY PROTEIN			310	74	18.6	0.4 (0.4)	0.2 (0.04)	0.0	0.04	7	0.1	250g 1kg	Whey Protein Isolate, Soya Lecithin (trace)	<ul style="list-style-type: none"><li>90% protein by cross-flow ultrafiltration and microfiltration</li><li>Hormone free vegetarian UK milk from grass fed cows</li><li>Great source of lysine and BCAAs</li></ul>
SOYA PROTEIN	✓		292	70	18.0	0.2 (0.0)	0.6 (0.2)	0.1	0.2	7	<0.1	250g 1kg	100% Soya Protein Isolate	<ul style="list-style-type: none"><li>90% protein produced from non GM soya</li><li>Balanced full spectrum amino acid profile</li><li>Good source of phytoestrogens daidzein and genestein</li></ul>
PEA PROTEIN	✓	✓	298	70	16.0	0.1 (0.1)	1.4 (0.02)	0.8	0.18	8	<0.1	250g 1kg	100% Pea Protein Isolate	<ul style="list-style-type: none"><li>85% protein from hypoallergenic yellow split peas</li><li>Good source of BCAAs</li><li>Top quality protein for vegans</li></ul>
HEMP PROTEIN	✓	✓	310	74	9.4	3.1 (1.1)	2.5 (0.3)	4.2	NIL	13	0.2	250g 1kg	100% Hemp Protein Powder	<ul style="list-style-type: none"><li>47% protein from UK grown cold-pressed hemp seeds</li><li>Great source of omega 3 essential fats</li><li>Top quality protein for vegan and raw-food diets</li></ul>
RICE PROTEIN	✓	✓	314	75	16.0	2.0 (0.0)	0.2 (0.0)	1.6	NIL	9	<0.1	250g 1kg	100% Whole Grain Brown Rice Protein Concentrate	<ul style="list-style-type: none"><li>80% protein produced from whole grain brown rice</li><li>Raw rice protein is undenatured</li><li>One of nature's most complete protein sources</li></ul>