OneVision. Supplements





Protein Quick Oats



OVS Protein Quick Oats

Achieve your fitness goals faster with OVS | Premium Quality Protein Quick Oats, which is dosed with 28grams of high-quality protein per serving. Studies show that this natural supplement promotes athletic performance and recovery while remaining safe to use. It's no surprise why it has become one of the most popular supplements in the world for building muscle, strength and encouraging quicker recovery times! Nutritional powerhouse ingredients like Whole Grain Oats, Grass Fed Milk Protein Isolate & Grass Fed Whey Protein Concentrate make it a must-have for anyone looking to take their health journey seriously. Here at OVS, we use premium quality ingredients and strict production standards across our entire products range for those seeking and demanding only the best in sports nutrition and supplementation.

THE OVS DIFFERENCE.



What are Protein Quick Oats?

Instant Protein Oats is an excellent way to get your daily serving of protein as it combines grass-fed whey protein concentrate, milk protein isolate and Australian grown oats into one delicious honey flavored meal. Perfect for breakfast or on the go, this healthful blend has become a favourite amongst bodybuilders, athletes and people who strive to lead healthier lives.



Protein Quick Oats offers a number of benefits

Protein quick oats are a beneficial food choice that can aid in promoting health and wellness. Not only do they provide an essential nutritional boost, but they may also reduce cholesterol levels, improve heart health and gut health, help to regulate blood sugar levels and aid in weight loss. Additionally, protein quick oats have been linked to reducing the risk of asthma attacks as well as providing relief for constipation or skin troubles. They are even recommended for those with gluten intolerance! With so many advantages to eating this superfood, it's clear why it is quickly becoming one of the top choices when looking for healthy options on-the-go!



The science behind OVS Protein Quick Oats

**Study:** https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4325078/

With its various commercial and therapeutic applications, consumption of oats, oatmeal, and oat bran can significantly reduce total plasma cholesterol levels as well as low density lipoprotein cholesterol (LDL). Furthermore, it has the potential to decrease postprandial blood glucose along with insulin response in addition to reducing the likelihood of coronary heart disease alongside chronic inflammation of arteries and cancer/atherosclerosis development.



Who is OVS Protein Quick Oats best suited for?

OVS Protein Quick Oats has clear advantages for people who are looking for a product that is:

·         High In Quality

·         Support Muscle Growth

·         Low Calories

·         Low Fat and,

·         High in Fibre and Essential Nutrients to Name a Few!

This “All Natural” formulation is especially beneficial for athletes, bodybuilders and power lifters to increase muscle size and strength or improve their physique. OVS Protein Quick Oats may also be used as part of a calorie deficit diet to lose weight.



Important dosage information

Fitness enthusiasts often recommend taking a protein supplement **15–60 minutes after exercise**. This time frame is known as the **“anabolic window”** and said to be the perfect time for getting the most out of nutrients like protein.

Protein Quick Oats are also a great source of nutrition as a breakfast alternative!



THE OVS DIFFERENCE

In order to ensure utmost customer satisfaction, we pride ourselves on a service that is based on high-end products. We are able to keep our quality high because we rely on three cornerstones: tailored manufacturing, raw ingredient traceability, and laboratory tested supplements. Our business is committed to maintaining the strictest quality control standards and we ensure all of our products are 100% exact to specification.



Directions & Ingredients

Directions

Mix one 70-gram serving to 200mL of water or milk and microwave for 1-2 minutes. Rest for 30 seconds and consume as required.

Ingredients: Whole Grain Oats, Grass Fed Milk Protein Isolate, Grass Fed Whey Protein Concentrate, Flavouring, Sucralose.



