Dame Health

Plant Protein (For Him)

Grade A/B Literature Review — Strength, Recovery & Men's Adaptogen Support

Composition

- Pea protein isolate — 24 g protein (as-is basis); natural cacao powder
- Adaptogens: Ashwagandha extract · Tribulus Terrestris extract · Fenugreek extract (doses per blend — to confirm)
- Antioxidant/recovery botanicals: Curcumin extract · Moringa extract
- Digestive blend; guar gum
- Natural sweetener (monk fruit)

Evidence grading used in this review

- **Grade A** — Meta-analysis / systematic review of RCTs, or multiple RCTs, in humans.
- **Grade B** — Single RCT or prospective human clinical study; or meta-analysis with mixed/heterogeneous results.

Where the clinically studied dose or chemical form differs from the dose in this formulation, this is flagged so claims can be calibrated. Only benefits supported by Grade A/B human evidence are listed.

Evidence-Based Benefits

Every benefit below is drawn from Grade A or Grade B human evidence only. Studies are numbered continuously; each benefit cites its supporting study number(s).

1. Provides 24 g of clean, high-quality plant protein per serving **[see Study 1, Study 3, Study 4, Study 5]**

2. Supports muscle strength and lean mass when combined with resistance training **[see Study 1, Study 2]**

3. Pea protein is equal to whey for muscle protein synthesis (a genuine protein source, not a filler) **[see Study 4, Study 5]**

4. Supports post-exercise recovery **[see Study 2, Study 4, Study 5]**

5. Supports satiety/appetite control as part of a balanced diet **[see Study 6]**

6. Adaptogen support: helps support stress balance (soft, support-level) **[see Study 7, Study 8]**

7. Supports healthy testosterone levels (soft, support-level; dose unconfirmed) **[see Study 7, Study 9]**

PRIMARY EVIDENCE — PROTEIN: MUSCLE, RECOVERY & SATIETY (GRADE A/B)

1) Morton et al., 2018 — Protein supplementation and resistance training (British Journal of Sports Medicine)

Ingredient: Dietary protein (hero) **Grade:** A — Systematic review, meta-analysis & meta-regression of RCTs

Study dose: Total protein up to ~1.62 g/kg/day **Our product:** 24 g protein per ~33 g serve

Design: Meta-analysis of 49 RCTs, n=1,863 healthy adults; resistance training ≥6 weeks

Key findings:

- Protein supplementation significantly increased 1-repetition-maximum strength by 2.49 kg (95% CI 0.64, 4.33).
- Fat-free mass increased by 0.30 kg and muscle-fibre cross-sectional area by 310 μm².
- No further fat-free-mass gains above ~1.62 g/kg/day; benefit conditional on resistance training.

Source: https://bjsm.bmj.com/content/52/6/376

2) Tagawa et al., 2022 — Total protein intake and strength training on muscle strength (Sports Medicine - Open)

Ingredient: Dietary protein (hero) **Grade:** A — Dose–response meta-analysis of RCTs

Study dose: Modelled to 1.5 g/kg/day **Our product:** 24 g protein per serve

Design: Meta-analysis of 82 RCTs; spline dose–response from 69 articles

Key findings:

- Muscle strength increased significantly ONLY when protein was combined with resistance training (MD 2.01%).
- Without resistance training, protein produced no significant strength gain (MD 0.13%, ns).
- CRITICAL CALIBRATION: any strength claim must carry a concurrent-resistance-training caveat.

Source: https://sportsmedicine-open.springeropen.com/articles/10.1186/s40798-022-00508-w

3) Babault et al., 2015 — Pea protein vs whey vs placebo, 12-week resistance training (JISSN)

Ingredient: Pea protein isolate (exact ingredient match) **Grade:** B — Randomised, double-blind, placebo-controlled trial

Study dose: 25 g pea protein twice daily (50 g/day) × 12 weeks **Our product:** 24 g pea protein isolate per serve

Design: Double-blind RCT, n=161 males 18–35; pea vs whey vs placebo

Key findings:

- Biceps thickness increased significantly across all groups (P<0.0001); in the weakest at baseline, pea gain (+20.2%) exceeded placebo.
- No significant difference between pea and whey on any outcome — pea is a viable whey alternative.
- DOSE NOTE: trial used 50 g/day across two servings; a single 24 g serve is half the trial exposure.

Source: https://jissn.biomedcentral.com/articles/10.1186/s12970-014-0064-5

4) McKendry et al., 2024 — Whey, pea and collagen protein on myofibrillar protein synthesis (Am J Clin Nutr)

Ingredient: Pea protein isolate (exact ingredient match) **Grade:** B — Double-blind randomised controlled trial

Study dose: 50 g/day (2 × 25 g) × 8 days **Our product:** 24 g pea protein isolate per serve

Design: Double-blind RCT, n=31 healthy older males (72 ± 4 y)

Key findings:

- Integrated muscle protein synthesis rose with pea (1.59 %/day) equal to whey, versus the RDA control.
- Collagen produced no increase — establishing pea as a high-quality protein source, not a filler.
- Pea overcame age-related anabolic-signalling deficits (mTORC1, rpS6).

Source: https://pubmed.ncbi.nlm.nih.gov/38346565/

5) Singh et al., 2024 — Pea protein with resistance training in sedentary adults (Nutrients)

Ingredient: Pea protein isolate (exact ingredient match) **Grade:** B — Randomised comparator-controlled trial

Study dose: Pea protein × 84 days + weekly resistance training **Our product:** 24 g pea protein isolate per serve

Design: Randomised comparator-controlled trial; pea vs whey in sedentary adults

Key findings:

- Pea protein improved whole-body muscle strength by 16.1% over 84 days (P=0.01).
- No significant between-group difference vs whey in strength, mass, or likability; both safe and well tolerated.

Source: https://www.mdpi.com/2072-6643/16/17/2986

6) Kohanmoo et al., 2020 — Protein consumption, appetite and appetite-regulating hormones (meta-analysis)

Ingredient: Dietary protein (satiety) **Grade:** A — Systematic review & meta-analysis of RCTs

Study dose: Higher-protein loads/meals **Our product:** 24 g protein per serve

Design: Meta-analysis of acute and longer-term human trials

Key findings:

- Higher protein intake acutely increased fullness and suppressed hunger, with changes in appetite-regulating hormones.
- Supports a satiety/appetite-support claim as part of a balanced diet.

Source: https://pubmed.ncbi.nlm.nih.gov/32380053/

MEN'S DIFFERENTIATOR — ADAPTOGENS (SUPPORT-LEVEL, DOSES TO CONFIRM)

7) Fornalik et al., 2025 — Hormonal modulation with Withania somnifera (Planta Medica)

Ingredient: Ashwagandha (Withania somnifera) **Grade:** A — Systematic review & meta-analysis of RCTs

Study dose: Standardised extracts; dose–response by withanolide content **Our product:** Ashwagandha extract (dose in blend UNCONFIRMED)

Design: Meta-analysis, 23 RCTs, 1,706 adults

Key findings:

- Ashwagandha significantly reduced cortisol (SMD −1.18, p<0.04) and increased testosterone in men (MD 57.4 ng/dL), not in women.
- DOSE FLAG: effective trial doses are standardised extracts ~240–600 mg/day; the dose in this protein is unconfirmed, so the claim is SUPPORT-LEVEL and soft.
- Frame as 'supports stress balance and healthy testosterone levels', never 'boosts testosterone'.

Source: https://consensus.app/papers/details/f529e25cf12b527187d258feda9d6a05/

8) Arumugam et al., 2024 — Ashwagandha on stress and anxiety (Explore) — meta-analysis

Ingredient: Ashwagandha (Withania somnifera) **Grade:** A — Systematic review & meta-analysis of RCTs

Study dose: Standardised extracts **Our product:** Ashwagandha extract (dose UNCONFIRMED)

Design: Meta-analysis, 9 RCTs, 558 participants

Key findings:

- Significant reductions vs placebo in Perceived Stress Scale (MD −4.72), Hamilton Anxiety (MD −2.19) and serum cortisol (MD −2.58).
- Supports a soft 'supports stress balance' claim; efficacy is dose- and standardisation-dependent.

Source: https://consensus.app/papers/details/0664bba011b05b659df3f5e2393f5a42/

9) Smith et al., 2020 — Herbs on testosterone concentrations in men (Advances in Nutrition) — systematic review

Ingredient: Ashwagandha / Fenugreek **Grade:** A — Systematic review of RCTs

Study dose: Varied standardised extracts **Our product:** Ashwagandha + Fenugreek (doses UNCONFIRMED)

Design: Systematic review, 32 studies, 13 herbs

Key findings:

- Of all herbs reviewed, fenugreek seed extract and ashwagandha root/leaf extracts had the most consistent positive effects on testosterone in men.
- Evidence base is young/nonclinical with varied doses; supports a soft testosterone-support claim only.
- Both actives appear in this formulation, giving the adaptogen story a plausible, if support-level, basis.
- USE & SAFETY
- A dietary supplement, not a substitute for a balanced diet or medical advice. Third-party / heavy-metal tested. Contains moringa. Adaptogen and testosterone-support claims are support-level pending dose confirmation and evidence sign-off. Ashwagandha: use caution with thyroid medication. Consult your doctor with medical conditions or on medication.

Source: https://consensus.app/papers/details/f3e7bc0255895f9abea9f7635783af13/

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