

OLYMPIAN LABS

Lean & Healthy™

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Olympian Labs Pea Protein is an organic, plant-based complete protein powder derived from yellow peas (Pisum Sativum). Pea Protein is a great protein source that helps to build lean muscle mass, provides optimum nutrition, and it keeps your hunger more satisfied than other protein powders. Its balanced amino acid profile with BCAAs is great for when you are working out and challenging your muscles. OL's Lean & Healthy™ Pea Protein is great for athletes and anyone looking for a healthy, lower-calorie snack.*

Most commercially available protein powders are derived from soy, rice, eggs, or dairy, which are often problematic for those with allergic dietary concerns. We've chosen Pea Protein because it is a plant-based, hypoallergenic protein that yields a high biological value (BV) (65.4%). The BV is an accurate indicator of the biological activity of protein. It measures the actual amount of protein deposited per gram of protein absorbed. High BV proteins are a better choice for increased nitrogen retention, enhanced immunity and IGF-1 (insulin-like growth factor) stimulation. They are superior for reducing lean tissue loss from various wasting states than proteins with a low BV score.*

Our Pea Protein is concentrated from the normal level of 6% in fresh peas to more than 80% protein content! This unique process produces a protein powder that is highly soluble and easy to digest. Pea Protein is ideal for vegans, offers an excellent nutritional profile, is free of gluten, lactose and cholesterol.*

^ Made with Non-GMO ingredients

REV 06.10.15

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

KEEP OUT OF REACH OF CHILDREN.
STORE IN A COOL, DRY PLACE.

BENEFITS OF PEA PROTEIN

- 25 Grams of Complete Organic Plant-Based Pea Protein
- 0 Trans Fat and Only 2 Carbs
- Gluten-Free, Lactose-Free, Soy-Free
- Cholesterol-Free
- Diabetic-Friendly
- Source of Beneficial Amino Acids
- Highly Soluble
- Hypoallergenic

TYPICAL AMINO ACID PROFILE***

Alanine	1,365 mg
Arginine	3,016 mg
Aspartic Acid	3,582 mg
Cysteine	429 mg
Glutamic Acid	4,910 mg
Glycine	548 mg
Histidine	1,006 mg
Isoleucine	477 mg
Leucine	2,264 mg
Lysine	1,924 mg
Methionine	70 mg
Phenylalanine	1,721 mg
Proline	1,199 mg
Serine	1,698 mg
Threonine	940 mg
Tryptophan	337 mg
Tyrosine	773 mg
Valine	1,351 mg

TOTAL AMINO ACID 27,609 mg

***Amounts may vary by batch

PEA PROTEIN

25 G COMPLETE
ORGANIC PLANT-BASED
PROTEIN

OVER
4,000 MG
BCAA'S

OVER
27,000 MG
AMINO ACIDS

*Supports Lean Muscle Mass**

Low Carb / Lower Calorie Snack

*Easy to Digest / No Bloating**

High Solubility

Soy and Dairy-Free

VEGAN

GLUTEN
FREE

NON
GMO^

Chocolate
NATURALLY FLAVORED
& SWEETENED

OLYMPIAN LABS, INC.

27.6 oz / 784 g • 20 SERVINGS PER CONTAINER • DIETARY SUPPLEMENT



Gluten-Free Pea Protein Oat Muffins Recipe

Makes approximately 4
muffins (Increase ingredients
for bulk)

- 3/4 cup gluten-free old fashioned rolled oats
- 2 whole eggs
- 2 egg whites
- 1 scoop Olympian Labs Chocolate Pea Protein
- 1 banana
- 1/4 to 1/2 cup of either rice, almond, hemp, or coconut milk

DIRECTIONS:

Mix ingredients well in a
blender, then pour into
muffin tins or baking cups.
Bake at 350° for 15-18
minutes.

SUGGESTED USE: Mix one (1) scoop (39.2 g) of Pea Protein powder into eight (8) ounces of cold beverage of choice. Shake or blend to desired consistency. It can also be easily blended with frozen fruit to make a smoothie as pictured on the front.

Supplement Facts

Serving Size: (1) Scoop (39.2 g)
Servings Per Container: 20

	Amount Per Serving	% DV**
Calories	151	
Calories from Fat	30	
Total Fat	3 g	5%
Total Carbohydrate	2 g	1%
Dietary Fiber	1 g	4%
Sugar Alcohol	1 g	†
Protein	25 g	50%
Sodium	350 mg	14%
Calcium	51 mg	5%
Iron	9 mg	47%

**Percent Daily Values (DV) are based on a 2,000 calorie diet.
†DV not established.

Ingredients: Organic Pea Protein Isolate (Pisum Sativum), Natural Chocolate Flavor, Stevia, Salt, Xylitol, Natural Cocoa, Natural Vanilla and Chicory Root Fiber.

NO: Milk, Eggs, Fish, Crustaceans Shellfish, Tree Nuts, Peanuts, Wheat, or Soybeans.

VEGAN
GLUTEN FREE

NON-GMO^
ALLERGEN FREE

MADE IN USA • Manufactured for
Olympian Labs, Inc. • Phoenix, AZ 85027
1.800.473.5883 • www.OlympianLabs.com