

USAGE: Add 2 scoops (35 g) of powder to 8 oz water, fresh juice or your favorite beverage. For a protein smoothie, blend with water and ice and add juice or fruit to optimize taste.

Jarrow FORMULAS® Optimal Plant Proteins™ is a vegan source of proteins and fibers. **Pea Protein, Organic Brown Rice Protein, Organic Hemp Protein, Golden Chlorella®** and **Chia** combine to supply a complete plant-based amino acid profile along with natural fibers.* **Metabolin®** is a supernatant powder (a special blend of cell wall components and metabolites derived from the fermentation of beneficial bacteria, including *Lactobacillus* and *Propionibacterium* species).

Keep out of the reach of children.

* 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.

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Jarrow
FORMULAS

Optimal Plant Proteins™

Complete Vegetarian Protein Sources

Pea Protein • Brown Rice Protein • Hemp Protein
Golden Chlorella® • Chia



Net Wt. 19 oz (1.2 lb) 540 g Powder
PROTEIN SUPPLEMENT

Nutrition Facts

Serving Size 2 scoops (35 grams)
Servings Per Container Approx. 15

Amount Per Serving

Calories 150 Calories from Fat 30

% Daily Value*

Total Fat 3 g	5%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 160 mg	7%
Total Carbohydrate 10 g	3%
Dietary Fiber 5 g	20%
Sugars 1 g	
Protein 21 g	42%

Not a significant source of other nutrients.

* Percent Daily Values are based on a 2,000 calorie diet.

No artificial colors or flavors.
Packaged by weight, not by volume.
Lot #. Best Used Before:

Ingredients: Pea protein isolate, organic rice protein, pea fiber, organic hemp protein, Golden Chlorella®, chia meal powder, xylitol, natural flavor (french vanilla), Metabolin® (bacterial metabolites), Lo Han Guo (*Momordica grosvenorii*), Rebiana extract and erythritol.
No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Suitable for vegetarians/vegans.

Complete Essential Amino Acid Profile Sourced From Plants

Typical Amino Acid Profiles Per Serving

Alanine	948 mg	Methionine*	338 mg
Arginine	1,721 mg	Phenylalanine*	995 mg
Aspartic Acid	2,062 mg	Proline	996 mg
Cystine	320 mg	Serine	995 mg
Glutamic Acid	3,450 mg	Threonine*	858 mg
Glycine	731 mg	Tryptophan*	243 mg
Histidine*	507 mg	Tyrosine	890 mg
Isoleucine*	1,098 mg	Valine*	970 mg
Leucine*	1,697 mg		
Lysine*	1,227 mg		

* Essential Amino Acids

Distributed Exclusively by:
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