



Plant Protein

Complete Amino Acid Profile

- Non-GMO
- Raw protein blend
- Easy to digest*
- Free of common food allergens

NET WT. 32 oz. (896 g)
Dietary Supplement



naturally
flavored
vanilla

19g protein

Gluten
Free

Dairy
Free

Soy
Free

Nut
Free

Supplement Facts

Serving Size 2 Scoops (28 g)

Servings Per Container 32

	Amount Per Serving	% Daily Value
Calories	100	
Total Fat	2.5 g	3%†
Total Carbohydrate	4 g	1%†
Dietary Fiber	3 g	11%†
Total Sugars	<1 g	*
Includes 0 g Added Sugars		0%
Protein	19 g	38%†
Iron	4 mg	22%
Sodium	430 mg	19%†
Multi Source Plant Protein Blend	24 g	*
(Pea protein isolate, Cranberry seed, Chia seed & Sacha inchi seed)		
Digestive Enzyme Blend	90 mg	*
(Alpha-galactosidase & Bromelain)		

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

* Daily Value not established.

Other Ingredients: Inulin, natural flavors, silicon dioxide, stevia leaf extract, glycine.

Does not contain: Gluten, Artificial Colors or Flavors.

DIRECTIONS: Add two (2) scoops (28 g) of Plnt Protein powder to 8 - 12 oz. of cold water. Stir or blend until smooth.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

THIS IS A NATURAL PRODUCT. COLOR MAY VARY.

Notice: Use this product as a supplement only. Do not use for weight reduction.

This product is sold by weight, not by volume. Contents may settle during shipping and handling.

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

TAMPER EVIDENT Do not use if outer seal is broken or missing.

° This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TYPICAL AMINO ACID PROFILE PER 28 g OF POWDER

L-Alanine	850 mg	L-Lysine	1430 mg
L-Arginine	1720 mg	L-Methionine	220 mg
L-Aspartic Acid	2290 mg	L-Phenylalanine	1090 mg
L-Cysteine	200 mg	L-Proline	890 mg
L-Glutamic Acid	3340 mg	L-Serine	1050 mg
L-Glycine	820 mg	L-Threonine	770 mg
L-Histidine	500 mg	L-Tryptophan	200 mg
L-Isoleucine	900 mg	L-Tyrosine	750 mg
L-Leucine	1670 mg	L-Valine	1000 mg

Pure living, naturally true®

Welcome to the world of plnt®: an array of earth-friendly products including herbs, supplements, vitamins, multis, and whole foods independently tested to ensure purity, potency, and consistent quality.

The plnt line of products is dairy-free, with ingredients sourced in nature. That's why we leave out the "a" in plnt, to represent the absence of artificial preservatives, colors, flavors, or sweeteners. The result is nutrition that you can believe in.

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Visit www.vitaminshoppe.com
or call 1-800-223-1216 for more information and to reorder.

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