

**USAGE:** Add 2 scoops (36 g) of powder to 8 oz. of 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®** combines proteins and fibers into a protein supplement suitable for vegetarians/vegans. **Pea Protein, Brown Rice Protein, Organic Hemp Protein, Chlorella** and **White Chia Seed** 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.

Typical Amino Acid Profile  
of Jarrow Formulas®  
Optimal Plant Proteins®

Per 36 g Serving

Essential Amino Acids

|                           |          |
|---------------------------|----------|
| Isoleucine (BCAA)         | 0.99 g   |
| Leucine (BCAA)            | 2.34 g   |
| Valine (BCAA)             | 1.48 g   |
| Phenylalanine             | 1.48 g   |
| Methionine                | 0.33 g   |
| Lysine                    | 1.66 g   |
| Tryptophan                | 0.37 g   |
| Threonine                 | 1.10 g   |
| Arginine (semi-essential) | 2.57 g   |
| Histidine                 | 0.84 g   |
| Total                     | ≥ 13.0 g |

Non-Essential Amino Acids

|                         |        |
|-------------------------|--------|
| Alanine                 | 1.34 g |
| Aspartic Acid           | 3.10 g |
| Cysteine/Cystine        | 0.53 g |
| Glutamine/Glutamic Acid | 4.79 g |
| Glycine                 | 0.69 g |
| Proline                 | 1.40 g |
| Serine                  | 1.54 g |
| Tyrosine                | 0.93 g |

Jarrow  
FORMULAS®



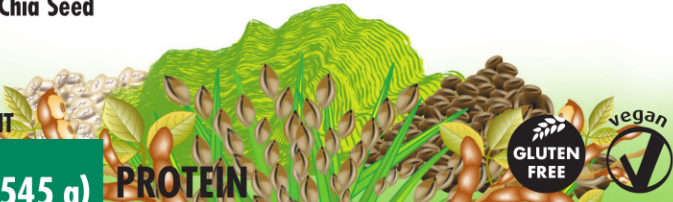
Optimal Complete Protein from Vegetarian Sources  
Plant Proteins®

Pea Protein, Brown Rice Protein, Hemp Protein,  
Chlorella & White Chia Seed

NET WEIGHT

19.3 oz (545 g)  
POWDER

PROTEIN  
SUPPLEMENT



Nutrition Facts

Approx. 15 servings per container  
Serving size 2 scoops (36 g)

Amount per serving  
Calories 140

|                           | % Daily Value* |
|---------------------------|----------------|
| Total Fat 3 g             | 4%             |
| Saturated Fat 0 g         | 0%             |
| Trans Fat 0 g             |                |
| Cholesterol 0 mg          | 0%             |
| Sodium 160 mg             | 7%             |
| Total Carbohydrate 8 g    | 3%             |
| Dietary Fiber 4 g         | 14%            |
| Total Sugars 1 g          |                |
| Includes 0 g Added Sugars | 0%             |
| Sugar Alcohol 2 g         |                |
| Protein 21 g              | 42%            |
| Vitamin D 0 mcg           | 0%             |
| Calcium 60 mg             | 5%             |
| Iron 7 mg                 | 40%            |
| Potassium 0 mg            | 0%             |

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Metabolin® is a registered trademark of Nu-Tek Products, LLC.

**Ingredients:** Pea protein isolate, rice protein, pea fiber, organic hemp protein, white chia seed, xylitol, chlorella, natural French vanilla flavor, Metabolin® (bacterial metabolites), Lo Han Guo (*Momordica grosvenorii*) and rebiana (stevia extract).

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

No artificial colors or flavors.

Suitable for vegetarians/vegans.

Packaged by weight, not by volume.



www.nsfnon GMO.org

Distributed Exclusively by:

Jarrow FORMULAS®

Superior Nutrition and Formulation™

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