

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).

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

Keep out of the reach of children.
Store in a cool, dry place.

**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
F O R M U L A S ®



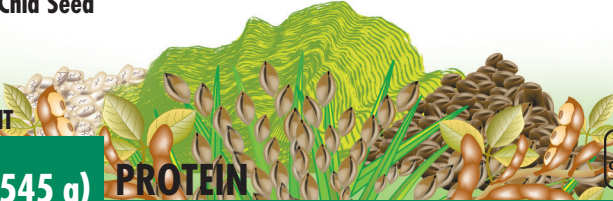
Optimal Complete Protein from Vegetarian Sources
Plant Proteins®

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

NET WEIGHT

19.3 oz (545 g)
POWDER

PROTEIN
POWDER



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%**

Vit. D 0 mcg 0%	• Calcium 60 mg 4%
Iron 7 mg 40%	• Potas. 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.

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®
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03320PLANT PROD # 121816



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APPROX. FILL LINE

Lot #. Best Used Before: