



## New Mediterranean Diet

An easy to follow lifestyle plan, bringing regular exercise and daily social connections together with one of the healthiest and most validated approaches to eating, to help you achieve Extraordinary Health.

David Perlmutter, M.D.

### More than Protein



Green Coffee Bean  
BURNS FAT\*



Coconut MCT  
SATIETY & ENERGY\*



Oat Beta-Glucans  
HEART HEALTH\*



Probiotics & Olive Leaf  
IMMUNE HEALTH\*



SCAN TO  
LEARN  
MORE



## Finding the Most Sustainable Proteins on Earth

Our Ancient Sprouted Barley is an amazing Superfood that is part of a Circular Food System here in the USA, allowing us to produce high quality protein from crops already harvested for other uses. Not a single additional acre was planted for this product!



CARBON  
NEUTRAL  
PRODUCT



\*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.

VEGAN • NO SOY OR PEANUT INGREDIENTS • VERY LOW GLUTEN



Dr. Formulated

# MD PROTEIN

Fit SUSTAINABLE PLANT-BASED WEIGHT LOSS\*  
MEDITERRANEAN DIET APPROVED

Burns Fat & Satisfies Hunger\*  
May Reduce the Risk of Heart Disease\*

20g  
PROTEIN



CREAMY VANILLA  
Flavor



DIETARY SUPPLEMENT

21.34 oz (1 lb 5.34 oz/605 g)

## Supplement Facts

Serving Size 2 Level Scoops (About 60.5g)  
Servings Per Container 10

|                                                                                                                                                                                                                                                  | Amount Per Serving | % Daily Value    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|------------------|
| Calories                                                                                                                                                                                                                                         | 190                |                  |
| Total Fat                                                                                                                                                                                                                                        | 3.5 g              | 4% <sup>1</sup>  |
| Saturated Fat                                                                                                                                                                                                                                    | 2 g                | 10% <sup>1</sup> |
| Trans Fat                                                                                                                                                                                                                                        | 0 g                |                  |
| Sodium                                                                                                                                                                                                                                           | 140 mg             | 6%               |
| Total Carbohydrate                                                                                                                                                                                                                               | 28 g               | 10% <sup>2</sup> |
| Dietary Fiber                                                                                                                                                                                                                                    | 6 g                | 21% <sup>1</sup> |
| Total Sugars                                                                                                                                                                                                                                     | 2 g                | +                |
| Includes (g) Added Sugars                                                                                                                                                                                                                        |                    | 0%               |
| Allulose                                                                                                                                                                                                                                         | 10 g               |                  |
| Protein                                                                                                                                                                                                                                          | 20 g               | 23% <sup>1</sup> |
| Mediterranean Diet Plant Based Protein Blend                                                                                                                                                                                                     | 34 g               | +                |
| Pava Bean Protein, Ancient Sprouted Barley Protein and Rice Protein                                                                                                                                                                              |                    |                  |
| Heart Healthy Fiber Blend                                                                                                                                                                                                                        | 7 g                | +                |
| Swedish Oat Beta-Glucans, Acacia Gum, Xanthan Gum                                                                                                                                                                                                |                    |                  |
| Medium Chain Triglycerides (MCT) from Coconut                                                                                                                                                                                                    | 800 mg             | +                |
| Organic Stevia® (Naturally Sweetened Green Coffee Bean Extract)                                                                                                                                                                                  | 450 mg             | +                |
| Immune Support Blend                                                                                                                                                                                                                             | 50 mg              | +                |
| Olive Leaf Extract (Olea europaea) containing Oleuropein, Bacillus subtilis DE111® (1 Billion CFU)                                                                                                                                               |                    |                  |
| Percent Daily Values are based on a 2,000 calorie diet.                                                                                                                                                                                          |                    |                  |
| Other Ingredients: Coconut Cream (Coconut Milk, Coconut Oil, Polydextrose, Malto-Dextrin), Non-GMO Natural Flavor, Sunflower Lecithin, Potassium Bicarbonate, Sea Salt, Organic Stevia (Rebaurioside A from Stevia rebaudiana leaf), Monk Fruit. |                    |                  |
| Contains: Tree Nuts (coconut). Not gluten free.                                                                                                                                                                                                  |                    |                  |
| DE111® is a trademark of Deerland Probiotics & Enzymes, Inc.                                                                                                                                                                                     |                    |                  |
| Organic Stevia® is a registered trademark of Naturex, Inc.                                                                                                                                                                                       |                    |                  |

**Suggested Use:** Mix 2 level scoops with 8oz of cold water (scoop included).

\*Soluble fiber, including beta-glucans from whole oats and barley, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

**CAUTION:** As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, giving product to children, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision.

**Keep out of reach of children.**

Store in a cool, dry place.

Do not use if safety seal is broken or missing.

Made without dairy or soy ingredients, added sugars, filler ingredients, nor artificial colors, flavors or preservatives.

Manufactured in a facility that also processes egg, milk, soy, wheat, fish and tree nuts. May contain traces of soy due to agricultural practices.



We Buy  
100% Certified  
Renewable Energy



Recyclable  
Bottle

### ESTIMATED MINIMUM FILL

The density of the powdered ingredients in this product naturally vary from lot to lot and require space in the container at the time of packaging. Over time the powders settle, causing the container to appear less full than when it was first packaged. This product is sold by weight and not by volume.

**WARNING:** Very low calorie protein diets (below 400 calories per day) may cause serious illness or death. Do not use for weight reduction in such diets without medical supervision. Not for use by infants, children, or pregnant or nursing women.

Allulose is naturally occurring in some foods and is nearly calorie free. Allulose has virtually no impact on blood sugar or insulin.

### NET CARBS

28g Carbs  
-10g Allulose  
-6g Fiber  
12g Net Carbs

**Distributed by Garden of Life LLC**  
4200 Northcorp Parkway, Palm Beach Gardens, FL 33410 USA  
Made in the U.S.A. from foods grown in the U.S.A. and other countries.  
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