

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



Fair Trade
RICH CHOCOLATE
Flavor

22.39 oz (1 lb 6.39 oz/635 g)



DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Level Scoops (About 63.5g)
Servings Per Container 10

	Amount Per Serving	% Daily Value
Calories	200	
Total Fat	4 g	5% ¹
Saturated Fat	2 g	10% ¹
Trans Fat	0 g	
Sodium	140 mg	6%
Total Carbohydrate	29 g	11% ¹
Dietary Fiber	7 g	25% ¹
Total Sugars	2 g	+
Includes Og Added Sugars		0%
Allulose	10 g	
Protein	20 g	23% ¹
Mediterranean Diet Plant Based Protein Blend	34 g	+
Fava Bean Protein, Ancient Sprouted Barley Protein and Rice Protein		
Heart Healthy Fiber Blend	7 g	+
Swedish Oat Beta-Glucans, Guar Gum, Acacia Gum, Xanthan Gum		
Medium Chain Triglycerides (MCT) from Coconut	800 mg	+
Organic Sweet* (Naturally Succinate 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 based on a 2,000 calorie diet.		

Other Ingredients: Coconut Cream (Coconut Milk, Coconut Oil, Coconut Lecithin), Fair Trade Cacao, Non-GMO Natural Flavor, Potassium Bicarbonate, Organic Stevia, Sea Salt, Monk Fruit.
Organic Sweet is a trademark of Deerland Probiotics & Enzymes, Inc.
Organic Sweet 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.

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

29g Carbs
-10g Allulose
-7g Fiber
12g Net Carbs



We Buy
100% Certified
Renewable Energy



Recyclable
Bottle

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.
www.gardenoflife.com
©2021 Garden of Life LLC DFMDFCL-071221