



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



Oat Beta-Glucans
HEART HEALTH*



Coconut MCT
SATIETY & ENERGY*



Probiotics & Olive Leaf
IMMUNITY*



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



Garden of Life

Dr. Formulated

MD PROTEIN

SUSTAINABLE PLANT-BASED

MEDITERRANEAN DIET APPROVED

May Reduce the Risk of Heart Disease**
Supports Immune Health†

20g
PROTEIN



Fair Trade
RICH CHOCOLATE
Flavor

31.11 oz (1 lb 15.11 oz/882 g)

DIETARY SUPPLEMENT

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

Supplement Facts

Serving Size 2 Level Scoops (About 63g)
Servings Per Container 14

	Amount Per Serving	% Daily Value
Calories	200	
Total Fat	3.5 g	4% 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 0g Added Sugars		0% ¹
Alcohol	10 g	
Protein	20 g	23% ¹
Mediterranean Diet Plant Based Protein Blend	34 g	+
• Pigeon Protein, Ancient Sprouted Barley Protein and Rice Protein		
Heart Healthy Fiber Blend	7 g	+
• Swedish Oat Beta-Glucans, Gum Gum, Acacia Gum, Xanthan Gum		
Medium Chain Triglycerides (MCT)	800 mg	+
from Coconut		
Immune Support Blend	50 mg	+
• Olive Leaf Extract (<i>Olea europaea</i>) containing Oleuropein, Bacillus subtilis DE111® (1 Billion CFU)		

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

Daily Value not established.

Other Ingredients: Coconut Cream (Coconut Milk, Coconut Oil, Sunflower Lecithin), Fair Trade Cacao, Non-GMO Natural Flavor, Potassium Bicarbonate, Organic Stevia

Excludes: Aromas from Stevia rebaudiana (leaf), Sea Salt, Monk Fruit.

Contains: Tree nuts (coconut). Not gluten free.

MD is a trademark of Deerland Probiotics & Enzymes, Inc.

Gluten is naturally occurring in some foods and is nearly calorie free.

Gluten has virtually no impact on blood sugar or insulin.

*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.

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.

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

Certified



Corporation



Recyclable
Bottle



We Buy
100% Certified
Renewable
Energy

Distributed by Garden of Life LLC

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Made in the U.S.A. from foods grown in the U.S.A. and other countries.
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