

SUGGESTED USE

Mix one scoop with at least 8 ounces of water or your choice of beverage.

WARNING

Consult a medical doctor before taking this or any other nutritional supplement if you are pregnant, nursing, have or suspect a medical condition or are taking any medications. Store in a cool, dry place. Do not use if freshness seal is missing or broken.

KEEP OUT OF REACH OF CHILDREN

SUPPORTS A PLANT-BASED DIET

AIDS RECOVERY FROM EXERCISE†

SUPERIOR TASTE AND TEXTURE

COMPLETE AMINO ACID PROFILE

Most plant-based proteins aren't complete protein sources. Unlike animal proteins, they don't contain all nine essential amino acids that the body needs for recovery and muscle growth. **Onnit Plant-Based Protein** has amino acids derived from pea, pumpkin seed, sunflower seed, and watermelon seed protein, offering the full spectrum of amino acids that plant-based dieters need and may not find elsewhere.†

TYPICAL AMINO ACID PROFILE PER SERVING

AVERAGE MG PER SERVING NATURALLY OCCURRING

Alanine	880mg	Histidine*	540mg	Proline	940mg
Arginine	2,110mg	Isoleucine**	1,030mg	Serine	1,120mg
Aspartic Acid	2,410mg	Leucine**	2,270mg	Threonine*	790mg
Cysteine	290mg	Lysine*	1,430mg	Tryptophan*	220mg
Glutamic Acid	3,810mg	Methionine*	300mg	Tyrosine	770mg
Glycine	980mg	Phenylalanine*	1,180mg	Valine**	1,050mg

*ESSENTIAL AMINO ACIDS **BRANCHED CHAIN AMINO ACIDS

20
SERVINGS
per container

ONNIT

PLANT BASED PROTEIN

COMPLETE AMINO ACID PROFILE

20G PROTEIN PER SERVING

VEGAN SUGAR-FREE*



VANILLA FLAVOR
WITH OTHER NATURAL FLAVORS
DIETARY SUPPLEMENT

Net Weight
21.9 OZ (1.4 LB) (622 G)

100
CALORIES
per serving

3G
CARBS
per serving

0G
SUGAR*
per serving

*NOTICE: NOT A LOW CALORIE FOOD.
USE THIS PRODUCT AS A FOOD
SUPPLEMENT ONLY. DO NOT USE
FOR WEIGHT REDUCTION.

Supplement Facts

Serving Size 1 Scoop (31.1g)
Servings Per Container 20

	Amount Per Serving	% DV
Calories	100	
Total Fat	1g	1%††
Total Carbohydrate	3g	1%††
Dietary Fiber	1g	4%††
Total Sugars	0g	*
Protein	20g	32%††
Calcium	52mg	4%
Iron	6mg	33%
Sodium	420mg	18%
Potassium	148mg	3%

††Percent Daily Values (DV) are based on a 2,000 calorie diet.

*Daily Value Not Established.

Ingredients: Pea Protein Concentrate, Pumpkin Seed Protein Powder (as Smooth Protein™), Sunflower Seed Protein Powder (as Smooth Protein™), Natural Flavors, Watermelon Seed Protein Powder (as Smooth Protein™), Avocado Oil Powder (Tapioca Maltodextrin), L-Leucine, Sea Salt, Stevia (leaf) Extract, Monk (*Siraitia grosvenorii*) (fruit) Extract.

Manufactured Exclusively For: Onnit Labs, Inc.
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SPORT



SMOOTH
PROTEIN

† 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.

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