

USAGE: Add 2 scoops (35 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).

**Complete Essential Amino Acid Profile
Sourced From Plants
Typical Amino Acid Profiles
Per Serving**

Alanine	948 mg
Arginine	1721 mg
Aspartic Acid	2062 mg
Cysteine/Cystine	320 mg
Glutamine/Glutamic Acid	3450 mg
Glycine	731 mg
Histidine†	507 mg
Isoleucine†	1098 mg
Leucine†	1697 mg
Lysine†	1227 mg
Methionine†	338 mg
Phenylalanine†	995 mg
Proline	996 mg
Serine	995 mg
Threonine†	858 mg
Tryptophan†	243 mg
Tyrosine	890 mg
Valine†	970 mg

† Essential Amino Acids

Keep out of the reach of children.

* 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.

**Jarrow
FORMULAS®**

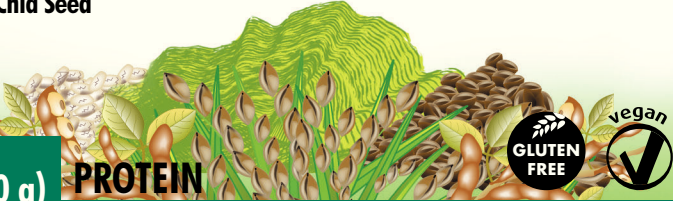


Optimal Complete Protein from Vegetarian Sources
Plant Proteins®

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

NET WEIGHT

**19 OZ (540 g)
POWDER** **PROTEIN
SUPPLEMENT**



Nutrition Facts

Serving Size 2 Scoops (35 g)
Servings Per Container Approx. 15

Amount Per Serving	
Calories 150	Calories from Fat 30
% Daily Value*	
Total Fat 3 g	5%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 160 mg	8%
Total Carbohydrate 10 g	3%
Dietary Fiber 5 g	20%
Sugars 1 g	
Protein 21 g	42%

Not a significant source of other nutrients.

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Calories Per Gram:			
Fat 9	Carbohydrate 4	Protein 4	

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, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

No artificial colors or flavors.

Suitable for vegetarians/vegans.

Packaged by weight, not by volume.



Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and FormulationSM
P.O. Box 35994
Los Angeles, CA 90035-4317
www.Jarrow.com

06414PLANT PROD # 121816



Lot #. Best Used Before:

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