

SUGGESTED USE: Mix one (1) scoop (39.2 g) of Pea Protein powder into eight (8) ounces of cold beverage of choice. Shake or blend to desired consistency. It can also be easily blended with frozen fruit to make a smoothie.



Pea Protein is a natural, vegetable-based protein powder derived from yellow peas (*Pisum sativum*). Pea Protein is a great protein source that helps to build lean muscle mass, provides optimum nutrition, and aids in the weight loss process as it keeps you more satisfied than other protein powders.*

Most commercially available protein powders are derived from soy, rice, eggs, or dairy, which are often problematic for those with allergic dietary concerns. We've chosen pea protein because it is a plant-based, hypoallergenic protein that is easily digested. OL's Lean & Healthy™ Pea Protein is great for athletes or just as a healthy lower calorie snack.

Our Pea Protein is concentrated from the normal level of 6% in fresh peas to more than 80% protein content! This unique process produces a protein powder that is highly soluble and easy to digest.

BENEFITS OF PEA PROTEIN



- 25 Grams of Protein
- 0 Trans Fat and Only 4 Carbs
- Gluten-Free
- Cholesterol-Free
- Vegan Plant-Based Protein
- Paleo Acceptable
- Source of Beneficial Amino Acids
- Is a Complete Protein
- Highly Soluble
- Non-GMO
- Hypoallergenic
- Diabetic Friendly

TYPICAL AMINO ACID PROFILE OF OL PEA PROTEIN**

Alanine	1,365 mg	Lysine	1,924 mg
Arginine	3,016 mg	Methionine	.70 mg
Aspartic Acid	3,582 mg	Phenylalanine	1,721 mg
Cysteine	.429 mg	Proline	1,199 mg
Glutamic Acid	4,910 mg	Serine	1,698 mg
Glycine	.548 mg	Threonine	.940 mg
Histidine	1,006 mg	Tryptophan	.337 mg
Isoleucine	.477 mg	Tyrosine	.773 mg
Leucine	2,264 mg	Valine	1,351 mg

TOTAL AMINO ACID 27,609 mg

**Amounts may vary by batch

*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.

KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY PLACE.

Lean & Healthy

PEA PROTEIN

25 Grams Per Serving

Vegetarian Protein

DELICIOUS Chocolate Flavor

NO ARTIFICIAL FLAVORS

GLUTEN FREE

Supports Lean Muscle Mass*

Low Carb/Lower Calorie Snack

No Bloating*

Gluten-Free

Non-GMO

Soy and Dairy-Free

DIETARY SUPPLEMENT

27.6 OUNCES / 784 GRAMS • 20 SERVINGS PER CONTAINER



Pea Protein Oat Muffins Recipe Can be gluten-free

Makes approx. 4 muffins.

Triple ingredients if making in bulk:

- 3/4 cup old fashioned rolled oats (or gluten-free rolled oats)
- 2 whole eggs
- 2 egg whites
- 1 scoop OL pea protein
- 1 banana
- 1/4 to 1/2 cup rice, almond, hemp or coconut milk.

Directions: Mix well in blender or Vitamix then pour into muffin pan/baking cups. Bake one dozen at 350 for 15-18 minutes.

Nutrition Facts: 135 calories, 11g protein, 30g carbs, 3g fat

PEA PROTEIN Vanilla | **Try our: GREENS 8 IN 1** | **ULTIMATE GREENS 8 IN 1 with Protein**



Supplement Facts

Serving Size: (1) Scoop (39.2g)
Servings Per Container: 20

	Amount Per Serving	% DV**
Calories	151	
Calories from Fat	30	
Total Fat	3 g	5%
Total Carbohydrate	2 g	1%
Dietary Fiber	1 g	4%
Sugar Alcohol	1 g	†
Protein	25 g	50%
Sodium	350 mg	14%
Calcium	51 mg	5%
Iron	9 mg	47%

**Percent Daily Values (DV) are based on a 2,000 calorie diet. †DV not established.

Ingredients: Pea Protein Isolate (*Pisum sativum*), Natural Chocolate Flavor, Stevia, Salt, Xylitol, Natural Cocoa, Natural Vanilla and Chicory root fiber.



Made in USA • Manufactured for
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