

SUGGESTED USE: Mix one (1) scoop (41 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.

*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.



BENEFITS OF PEA PROTEIN

- 25 Grams of Protein
- 0 Trans Fat and Only 2 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
Arginine	3,016 mg
Aspartic Acid	3,582 mg
Cysteine	429 mg
Glutamic Acid	4,910 mg
Glycine	548 mg
Histidine	1,006 mg
Isoleucine	477 mg
Leucine	2,264 mg
Lysine	1,924 mg
Methionine	70 mg
Phenylalanine	1,721 mg
Proline	1,199 mg
Serine	1,698 mg
Threonine	940 mg
Tryptophan	337 mg
Tyrosine	773 mg
Valine	1,351 mg

TOTAL AMINO ACID 27,609 mg

***Amounts may vary by batch



25 Grams Per Serving

Vegetarian Protein



- Supports Lean Muscle Mass*
- Low Carb/Lower Calorie Snack
- No Bloating*
- Gluten-Free
- Non-GMO
- Soy and Dairy-Free

DIETARY SUPPLEMENT

10.6 OUNCES / 303 GRAMS • 13 SERVINGS PER CONTAINER



Pea Protein Cut Nuffins 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.



Supplement Facts

Serving Size: (1) Scoop (41 g)
Servings Per Container: 13

	Amount Per Serving	% DV**
Calories	160	
Calories from Fat	25	
Total Fat	2.5 g	4%
Total Carbohydrate	5 g	2%
Dietary Fiber	2 g	8%
Sugar Alcohol	2 g	†
Protein	25 g	50%
Sodium	460 mg	19%
Calcium	83 mg	8%
Iron	7 mg	39%

**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 and Chicory Root Fiber.



PER 10.6 OZ



Made in USA • Manufactured for
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