

SUGGESTED USAGE: Add 1 level scoop daily to 10 oz. of cold water, juice, or your favorite beverage, and blend.

If you're an active vegetarian or vegan then you know how difficult it can be to find a premium quality vegetarian protein powder. NOW® Sports Plant Protein Complex is specifically formulated to address your needs with a non-GMO vegan protein blend from Pea, Brown Rice, Hemp and Quinoa sources. Each 1 scoop serving provides 22 grams of protein, and typically has about 3,900 mg of branched chain amino acids and 1,800 mg of L-Arginine. Naturally sweetened with Xylitol and BetterStevia® Stevia Extract, NOW® Sports Plant Protein Complex is the ideal protein product for your active vegetarian lifestyle.

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

Contains Xylitol, do not feed to pets.

CODE 2129 V2



Plant Protein Complex

Creamy Vanilla

Vegan Protein Blend of
Pea, Brown Rice, Hemp, Quinoa
Non-GMO, 22 g Protein
No Soy, No Dairy
Net Wt. 2 lbs. (907 g)



Nutrition Facts

Serving Size 1 Level Scoop (approx. 38 g)
Servings Per Container about 24

Amount Per Serving

Calories 130 Calories from Fat 20

% Daily Value*

Total Fat	2 g	3%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	360 mg	15%
Potassium	150 mg	4%
Total Carbohydrate	7 g	2%
Dietary Fiber	2 g	8%
Sugars	< 1 g	
Xylitol	2 g	
Protein	22 g	44%

Vitamin A 0% Vitamin C 0%
Calcium 2% Iron 35%

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

	2,000 Calories	2,500 Calories
Total Fat	Less than 65g	80g
Sat. Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	Less than 3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Non-GMO Plant Protein Blend (Yellow Pea Protein Isolate, Sprouted Brown Rice Protein Concentrate, Hemp Protein, Quinoa Protein), Natural Flavors, Xylitol, BetterStevia® (Organic Stevia Extract), Xanthan Gum and Purified Stevia Extract.

NOW FOODS
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Typical Amino Acid Profile (example) (per serving)**

Essential Amino Acids	mg Per 38 g Serving
L-Histidine	544
L-Isoleucine***	997
L-Leucine***	1834
L-Lysine	1615
L-Methionine	213
L-Phenylalanine	1203
L-Threonine	856
L-Tryptophan	196
L-Valine**	1067

Non-Essential Amino Acids

L-Alanine	906
L-Arginine	1675
L-Aspartic Acid	2559
L-Cysteine	331
L-Glutamic Acid	3930
Glycine	912
L-Proline	960
L-Serine	1143
L-Tyrosine	824

** subject to natural variability

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

***Branched Chain Amino Acids

This product is sold by weight not volume.

Store in a cool, dry, dark place after opening.

Please Recycle.