Lean & Healthy™

Olympian Labs Pea Protein is an organic, plant-based complete 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 it keeps your hunger more satisfied than other protein powders. Its balanced amino acid profile with BCAAs is great for when you are working out and challenging your muscles. OL's Lean & Healthy™ Pea Protein is great for athletes and anyone looking for a healthy, lower-calorie snack.\*

OLYMPIAN LABS

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 yields a high biological value (BV) (65.4%). The BV is an accurate indicator of the biological activity of protein. It measures the actual amount of protein deposited per gram of protein absorbed. High BV proteins are a better choice for increased nitrogen retention, enhanced immunity and IGF-1 (insulin-like growth factor) stimulation. They are superior for reducing lean tissue loss from various wasting states than proteins with a low BV score.\*

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. Pea Protein is ideal for vegans, offers an excellent nutritional profile, is free of gluten, lactose and

^ We do not use ingredients that were produced using modern biotechnology

\*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 Complete Organic Plant-Based Pea Protein • 0 Trans Fat and Only 2
- Carbs Gluten-Free,

Lactose-Free, Soy-Free

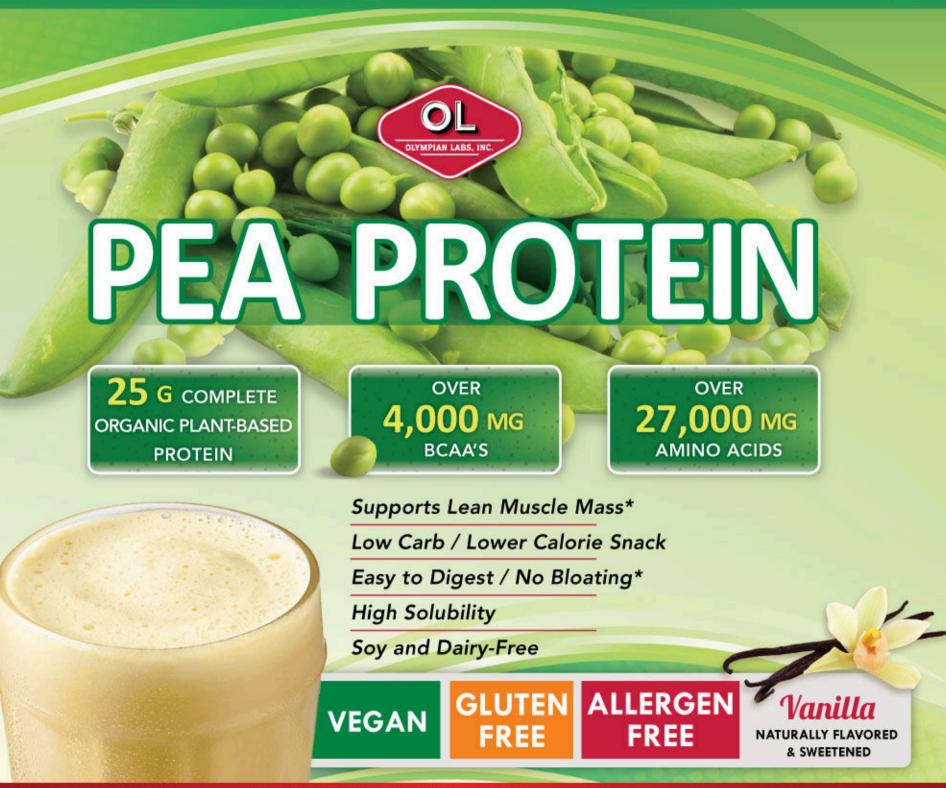
- Cholesterol-Free Diabetic-Friendly
- · Source of Beneficial Amino Acids
- · Highly Soluble
- Hypoallergenic

#### TYPICAL AMINO ACID PROFILE\*\*\*

anine1,365 mg
ginine
spartic Acid
ysteine 429 mg
utamic Acid
ycine 548 mg
stidine
oleucine 477 mg
eucine2,264 mg
rsine
ethionine 70 mg
nenylalanine1,721 mg
oline
erine1,698 mg
reonine 940 mg
yptophan
rosine
lline

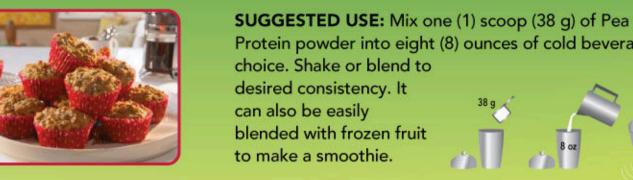
#### TOTAL AMINO ACID 27,609 mg

\*\*\*Amounts may vary by batch



## OLYMPIAN LABS, INC.

17.4 oz / 494 g o 13 SERVINGS PER CONTAINER • DIETARY SUPPLEMENT



## Gluten-Free Pea Protein Oat Muffins Recipe

Makes approximately 4 muffins (Increase ingredients for bulk)

- 3/4 cup gluten-free old fashioned rolled oats
- 2 whole eggs
- 2 egg whites • 1 scoop Olympian Labs
- Vanilla Pea Protein
- 1 banana
- 1/4 to 1/2 cup of either rice, almond, hemp, or coconut milk

#### DIRECTIONS:

Mix ingredients well in a blender, then pour into muffin tins or baking cups. Bake at 350° for 15-18 minutes.

### 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.

# Supplement Facts

Serving Size: (1) Scoop (38g) Servings Per Container: 13

50	Amount Per Serving	% <b>DV</b> ′
Calories 148		
Calories from Fat 27		
Total Fat	3 g	5%
Total Carbohydrate	2 g	0.5%
Dietary Fiber	1 g	4%
Protein	25 g	50%
Sodium	288 mg	12%
Calcium	50 mg	5%
Iron	9 mg	47%
		8 6 13600

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

Ingredients: Organic Pea Protein Isolate (Pisum Sativum), Xylitol, Natural Vanilla Flavor, Chicory Root Fiber, and Stevia. NO: Milk, Eggs, Fish, Crustaceans Shellfish, TreeNuts, Peanuts,

> VEGAN **ALLERGEN FREE**

Wheat, or Soybeans.

GLUTEN FREE NON-GMO^

MADE IN USA . Manufactured for Olympian Labs, Inc. • Phoenix, AZ 85027 1.800.473.5883 • www.OlympianLabs.com