

Only 4 Whole Food Ingredients

BROWN RICE PROTEIN * HEMP PROTEIN * PEA PROTEIN * SACHA INCHI



ORGANIC PROTEIN

Dietary Supplement

15 G PURE
PLANT-BASED
PROTEIN

UNFLAVORED | UNSWEETENED

GF

NET WT. 15.9 OZ (451g)

USDA
ORGANIC

LIVE WELL. DO GOOD.

OUR PURPOSE

The Natural Citizen was born out of our desire for trustworthy high-quality nutrition. Driven by our passion for natural health and our mission to improve lives, our purpose is to create honest products that do good by giving back to your body and the community -- because everyone deserves honest-to-goodness wellness.



Wholesome
Ingredients



Quality-Tested
Products



Improved
Lives

OUR ORGANIC PROTEIN

Uniquely simple, our unflavored and unsweetened Organic Protein contains only 4 real food ingredients delivering 15 grams of vegan protein along with fiber, omega fatty acids and a full amino acid profile. Plus, we steer clear of added flavors, sweeteners and other extras so you can experience the pure, clean benefits of whole food nutrition.

OUR QUALITY DIFFERENCE

From the farm to your blender, we source our ingredients for purity and quality, and test them every step of the way. Our premium nutrition blends are vegan, non-GMO, gluten free, allergen free, and free from flavors, fillers and artificial vitamins just as nature intended.



With every product you purchase, we give 3 meals to nourish the hungry in the USA.



Distributed by The Natural Citizen
1108 Lavaca St., Suite 110-186, Austin, TX 78701
1-877-367-6711 • hello@thenaturalcitizen.com



@thenaturalcitizen

Supplement Facts

21 servings per container	
Serving size	3 tbsp (22g)
Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 6mg	35%
Potassium 253mg	5%
The Natural Citizen Organic Protein Blend	22g
Organic Hemp Protein (entire sprout)	
Organic Brown Rice Protein (entire sprout)	
Organic Pea Protein (entire sprout)	
Organic Sacha Inchi Protein (<i>Plukenetia volubilis</i>) (entire sprout)	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Other Ingredients: NONE.

NO ADDED FLAVORS * NO SWEETENERS
CLEAN, WHOLE FOOD NUTRITION

MIX IT UP

Add one serving to your smoothie, oatmeal, yogurt, or simply mix with 12 oz. of juice, almond milk or water.

Find recipes and more at
www.THENATURALCITIZEN.com

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, prevent, or cure any disease.



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Keep sealed and store under 80°F.
Certified Organic by Idaho State Department of Agriculture

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