

# Nutrition Facts

30 servings per container

**Serving size** 1 Scoop (34 g)

**Amount per serving**

**Calories** 140

**% Daily Value\***

**Total Fat** 3 g 4%

Saturated Fat 0.5 g 3%

Polyunsaturated Fat 0.5 g

Monounsaturated Fat 1 g

*Trans* Fat 0 g

**Cholesterol** 0 mg 0%

**Sodium** 280 mg 12%

**Total Carbohydrate** 3 g 1%

Dietary Fiber 2 g 7%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

**Protein** 24 g

Vitamin D 0 mcg 0%

Niacin 4.4 mg 30%

Calcium 20 mg 2%

Iron 5.4 mg 30%

Potassium 40 mg 0%

\* 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.

## Typical Amino Acid Profile Per 34 g Scoop

Alanine	1060 mg
Arginine	1980 mg
Aspartic Acid	2650 mg
Cysteine	250 mg
Glutamic Acid	4180 mg
Glycine	930 mg
Histidine	580 mg
Isoleucine	1240 mg
Leucine	2080 mg
Lysine	1680 mg
Methionine	340 mg
Phenylalanine	1220 mg
Proline	1150 mg
Serine	1240 mg
Threonine	940 mg
Tryptophan	260 mg
Tyrosine	920 mg
Valine	1300 mg

**Ingredients:** Pea Protein Isolate, Organic Brown Rice Protein Concentrate, Natural Vanilla Bean Flavor, Stevia Leaf Extract, Gum Blend (Konjac Gum, Guar Gum, and Tara Gum), Pure Ocean® Sea Salt, Digest-ALL® Enzyme Blend (Alpha Galactosidase, Protease 4.5, Protease 6.0, Peptidase and Bromelain), Organic Sacha Inchi Seed Powder, and Monk Fruit Extract.

Contains no added milk, egg, soy, peanut, tree nut, fish, shellfish, wheat, gluten or yeast ingredients.