



## Perfect Protein® Pea & Rice

**Featuring OptiProtein®, a balanced combination of proprietary pea and rice protein with added BCAAs**

**Form:** Powder

**Flavor:** Vanilla

**Size:** 30 Servings

Protein is a crucial macronutrient needed to support overall health. Due to diet and lifestyle preferences, obtaining enough protein can be a challenge.

Introducing new Perfect Protein® Pea & Rice—the perfect choice for plant-based protein.

Perfect Protein Pea & Rice features OptiProtein®—a balanced combination of 20 grams of a high quality, proprietary pea and rice protein blended with 3.5 grams of added essential amino acids (EAAs) to deliver a complete protein source that helps to support a healthy, active lifestyle.

With a plant-based formula that's 100% dairy-free, Perfect Protein Pea & Rice is suitable for vegans, vegetarians, or those with lactose intolerance or sensitivity. It's an ideal way to add high quality protein into your diet.

Ingredients	Amount Per Serving	% Daily Value
Serving Size	2 Scoops (37 g)	
Servings per Container	30	
Calories	140	
Total Fat	2.5 g	3%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	200 mg	9%
Total Carbohydrate	6 g	2%
Dietary Fiber	1 g	4%
Total Sugars	3 g	
Includes 1g Added Sugars		2%
Protein	20 g	31%
Vitamin D	0 mcg	0%
Calcium	80 mg	6%
Iron	5.4 mg	30%
Potassium	100 mg	2%
Typical Amino Acid Profile (mg/Serving)*	Amount Per Serving	
L-Alanine	900 mg	
L-Arginine***	1,660 mg	
L-Aspartic Acid	2,360 mg	
L-Cystine (Cysteine)***	220 mg	
L-Glutamic Acid	3,730 mg	
Glycine***	800 mg	
L-Histidine**	460 mg	
L-Isoleucine (BCAA)**	1,340 mg	
L-Leucine (BCAA)**	2,770 mg	

L-Lysine**	2,230 mg
L-Methionine**	390 mg
L-Phenylalanine**	1,080 mg
L-Proline***	930 mg
L-Serine***	1,070 mg
L-Threonine**	1,670 mg
L-Tryptophan**	260 mg
L-Tyrosine***	820 mg
L-Valine (BCAA)**	1,420 mg

### NURSING WOMEN.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

<sup>†</sup>No MSG

\*Contributed by pea protein, rice protein, and added amino acids

\*\*Essential amino acid

\*\*\*Conditionally essential amino acid

**WARNING: Consuming this product can expose you to chemicals including lead, which are known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.P65warnings.ca.gov/food](http://www.P65warnings.ca.gov/food)**

**Ingredients:** pea protein isolate, rice protein concentrate, organic cane sugar, L-leucine, L-lysine hydrochloride, L-threonine, natural flavors,<sup>†</sup> L-isoleucine, L-valine, gum acacia, guar gum, xanthan gum, chinese cinnamon bark powder, sunflower lecithin, luo han guo fruit (monk fruit) extract, dl-methionine, silica, L-tryptophan, and rebaudioside a (from stevia rebaudiana leaf extract).

**Directions:** Take one serving once daily or as directed by your healthcare provider. Blend, shake, or briskly stir 2 scoops (37 g) into 8 fluid ounces of chilled water.

**This product is non-GMO, gluten-free, and vegetarian.**

**Caution:** Keep out of reach of children.

**Tamper Evident:** Do not use if package is torn or open.

**Storage:** Keep tightly closed in a cool, dry place.

**WARNING: VERY LOW CALORIE PROTEIN DIETS (BELOW 400 CALORIES PER DAY) MAY CAUSE SERIOUS ILLNESS OR DEATH. DO NOT USE FOR WEIGHT REDUCTION IN SUCH DIETS WITHOUT MEDICAL SUPERVISION. NOT FOR USE BY INFANTS, CHILDREN, OR PREGNANT OR**