

USAGE: Add 2 scoops (36 g) of powder to 8 oz. of water, fresh juice or your favorite beverage. For a protein smoothie, blend with water and ice, and add juice or fruit to optimize taste.

Jarrow Formulas® Optimal Plant Proteins® combines proteins and fibers into a protein supplement suitable for vegetarians/vegans. **Pea Protein, Brown Rice Protein, Organic Hemp Protein, Chlorella** and **White Chia Seed** combine to supply a complete plant-based amino acid profile along with natural fibers.* Metabolin® is a supernatant powder (a special blend of cell wall components and metabolites derived from the fermentation of beneficial bacteria, including *Lactobacillus* and *Propionibacterium* species).

Keep out of the reach of children.

**Typical Amino Acid Profile
of Jarrow Formulas®
Optimal Plant Proteins®**

Per 36 g Serving

Essential Amino Acids

Isoleucine (BCAA).....	0.99 g
Leucine (BCAA)	2.34 g
Valine (BCAA)	1.48 g
Phenylalanine	1.48 g
Methionine	0.33 g
Lysine	1.66 g
Tryptophan	0.37 g
Threonine	1.10 g
Arginine (semi-essential)	2.57 g
Histidine	0.84 g
Total ≥ 13.0 g	

Non-Essential Amino Acids

Alanine	1.34 g
Aspartic Acid	3.10 g
Cysteine/Cystine	0.53 g
Glutamine/Glutamic Acid	4.79 g
Glycine	0.69 g
Proline	1.40 g
Serine	1.54 g
Tyrosine	0.93 g

Jarrow
FORMULAS®



Optimal Complete Protein from Vegetarian Sources
Plant Proteins®

**Pea Protein, Brown Rice Protein, Hemp Protein,
Chlorella & White Chia Seed**

NET WEIGHT

19.3 oz (545 g)
POWDER

PROTEIN
SUPPLEMENT



Nutrition Facts

Serving Size 2 Scoops (36 g)
Servings Per Container Approx. 15

Amount Per Serving		% Daily Value*	
Calories 140	Calories from Fat 25		
Total Fat 3 g			
Saturated Fat 0 g			
Trans Fat 0 g			
Cholesterol 0 mg			
Sodium 160 mg			
Total Carbohydrate 8 g			
Dietary Fiber 4 g			
Sugars 1 g			
Sugar Alcohol 2 g			
Protein 21 g			
Calcium 6%		Iron 35%	

Not a significant source of Vitamin A and Vitamin C.
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories Per Gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Pea protein isolate, rice protein, pea fiber, organic hemp protein, white chia seed, xylitol, chlorella, natural French vanilla flavor, Metabolin® (bacterial metabolites), Lo Han Guo (*Momordica grosvenorii*) and rebiana (stevia extract).

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

No artificial colors or flavors.

Suitable for vegetarians/vegans.

Packaged by weight, not by volume.

Metabolin® is a registered trademark of Nu-Tek Products, LLC.



Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
P.O. Box 35994
Los Angeles, CA 90035-4317
www.Jarrow.com

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Lot #: Best Used Before:

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