

RAW ORGANIC PROTEIN

Raw Organic Protein is smooth, creamy and delicious. Every sip rewards your taste buds while it helps build and repair muscles. We use the **cleanest proteins**, including organic peas grown and processed in the USA, plus 13 organic sprouted grains, seeds and legumes, with probiotics and enzymes added to promote comfortable and efficient digestion.

No Compromises. No excuses. Truly **CLEAN**.



PLANT BASED

14 organic grains, seeds & legumes. Third party certified by Vegan Action

CLEAN

Tested and trusted for sport



ORGANIC MATTERS

Farmed without the use of toxic pesticides or fertilizers

NON-GMO VERIFIED

Independent third party verification



RAW WHOLE FOOD

Heat and processing can denature proteins

NO JUNK

Gluten, Soy & Dairy Free. No added sugars, nor artificial flavors or sweeteners



Garden of Life

NEW & IMPROVED
SMOOTH
22g PROTEIN

RAW ORGANIC PROTEIN

UNFLAVORED • NO STEVIA

ORGANIC PLANT FORMULA

VEGAN • DAIRY FREE • SOY FREE

EASY TO DIGEST • PROBIOTICS & ENZYMES

4g BCAAs

22g PROTEIN

0g SUGAR

GLUTEN FREE

Net Wt 20.0 oz (568 g)



Directions: Mix 1 level scoop (scoop included) with 10 oz of water. Delicious with almond milk.

Nutrition Facts

Amount Per Serving		Calories from Fat 20	
		% Daily Value ¹	
Calories	110		
Total Fat	2.5 g		4%
Saturated Fat	0 g		0%
Polyunsaturated Fat	1 g		
Monounsaturated Fat	.5 g		
Cholesterol	0 mg		0%
Sodium	270 mg		11%
Potassium	50 mg		1%
Total Carbohydrate	2 g		1%
Dietary Fiber	1 g		4%
Sugars	0 g		
Protein	22 g		44%
Vitamin A**	4%	Vitamin C	2%
Calcium	10%	Iron	20%
Vitamin D**	130%	Vitamin E**	15%
Vitamin K**	15%	Magnesium	8%
Zinc	20%	Selenium	65%
Manganese	40%	Molybdenum	130%
¹ 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 65g	80g	
Sat Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

TYPICAL AMINO ACID PROFILE (Per 28 g Serving)

ALANINE	900 mg
ARGININE	1800 mg
ASPARTIC ACID	2500 mg
CYSTINE	200 mg
GLUTAMIC ACID	3700 mg
GLYCINE	850 mg
HISTIDINE	480 mg
ISOLEUCINE**	1020 mg
LEUCINE**	1800 mg
LYSINE*	1600 mg
METHIONINE*	240 mg
PHENYLALANINE*	1400 mg
PROLINE	950 mg
SERINE	1300 mg
THREONINE*	800 mg
TRYPTOPHAN*	200 mg
TYROSINE	830 mg
VALINE**	1100 mg

*Essential Amino Acids **Branched Chain Amino Acids

To learn more about the **RAW Food-Created Proteins™ used exclusively by Garden of Life, go to www.gardenoflife.com.

Store in a cool, dry place. Do not use if safety seal is broken or missing. Packaged by weight not volume. Settling may occur.

Contains No soy, dairy, tree nuts, added sugars, filler ingredients, nor artificial colors, flavors, sweeteners or preservatives.



We Buy 100% Certified Renewable Energy



Certified by the nonprofit B Lab to meet rigorous standards of social and environmental performance, accountability and transparency.

Distributed by Garden of Life LLC
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SMOOTH & DELICIOUS

