

dōTERRA | Nutrition Protein

800g (20 Serves)

PRODUCT DESCRIPTION

It seems like everyone is talking about protein these days, but it can be daunting and confusing to sort through all the protein powder options on the market and know which source you should trust to fuel your body. dōTERRA's mission to Pursue What's Pure carries over to all products, including the scientifically studied ingredients sourced to formulate the quality offering of dōTERRA Proteins.

Even if we are careful with what we put into our bodies and are intentional with our diet, we may not be getting enough of certain nutrients, like protein. dōTERRA Proteins were specifically formulated to supplement areas of the modern diet that fall short in providing fuel to our body. Protein is an important macronutrient and crucial for building muscle, managing appetite, and helping the body recover after workouts. Protein is also necessary to provide the body with energy and stamina to perform functions like building cells and supporting a healthy immune system response. Reducing sugar consumption is also an important aspect of improving your diet and overall health. dōTERRA Protein is free from refined sugars and is a great tool to use in a Keto or other high protein/low carb diets.

WHEY PROTEIN WITH COLLAGEN AND PROBIOTICS

Protein is an essential nutrient for good health and stamina. Whey Protein provides 22 grams of a premium dōTERRA protein blend with 7 grams of fibre per serving to satisfy hunger, increase your protein intake and help you reach your goals. Using whey from grass-fed cows, free from GMO, soy, growth hormones, and synthetic ingredients, dōTERRA Whey Protein is easy to digest without causing gas or bloating. Protein mixes well with water, non-fat dairy, almond, rice, or coconut milk. Add fruit, veggies, nuts, or yogurt for an energising and satisfying treat or protein supplement.

VEGAN PLANT PROTEIN

Protein is an essential nutrient for good health and stamina. dōTERRA Vegan Protein provides 22 grams of a premium vegan protein blend with 7 grams of fibre per serving to satisfy hunger, increase your protein intake and help you reach your goals. Using a blend of pea, brown rice, fava bean and pumpkin seed protein, free from GMO, soy and synthetic ingredients, dōTERRA Vegan Protein is easy to digest without causing gas or bloating. dōTERRA Vegan Protein mixes well with water, almond, rice, or coconut milk. Add fruit, veggies, or nuts for an energising and satisfying treat or protein supplement.

PRODUCT USAGE

dōTERRA Protein shakes are ideal for blending into your own, customised creations. The flavours are delicious and creamy on their own but are neutral enough to add nutritious additions like fruit or vegetables. Enjoy daily to fuel your body and support muscle growth and recovery.

VEGAN PROTEIN BENEFITS:

- Contains 22 grams of protein per serve, but in a completely vegetable-based formula.
- Each serve contains 48% of the Recommended Daily Intake of Iron, an essential nutrient which supports healthy blood, concentration, and energy levels.

WHEY PROTEIN BENEFITS:

- Contains 22 grams of high-quality protein per serve to help build muscle tissue and aid in post-workout recovery.
- Contains collagen to help support and promote smooth, elastic skin and reduce the appearance of wrinkles.
- Contains probiotics to help support a healthy gut.



Certified Pure Tested Grade

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DIRECTIONS FOR USE

Add 40g (approx. 2 heaped scoops) into 250mL of water or choice of milk and mix well with shaker or blender. Add your choice of fruits and vegetables for added flavour. For a unique flavour, blend in one drop of your favourite dōTERRA essential oil.

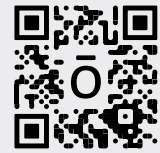
CAUTIONS

Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Keep in a cool, dry place.

KEY STUDIES

To access the key studies go to

<https://bit.ly/3nl3syN>



Chocolate Protein SKU 60218844

NUTRITION INFORMATION		
Servings per package: 19		
Serving size: 42 g		
	Average Quantity Per Serving	Average Quantity Per 100 g
Energy	651 kJ (156 Cal)	1550 kJ (371 Cal)
Protein	22.4 g	53.4 g
- Gluten	Nil detected	Nil detected
Fat, total	2.9 g	6.8 g
- Saturated	1.5 g	3.6 g
Carbohydrate	6.4 g	15.2 g
- Sugars	4.7 g	11.1 g
Dietary Fibre	6.7 g	15.9 g
Sodium	93 mg	221 mg
Potassium	116 mg	277 mg
Calcium	182 mg (23% RDI*)	432 mg
Collagen	1.0 g	2.5 g
<i>Bacillus Coagulans</i>	100 million CFU	250 million CFU
ESSENTIAL AMINO ACID		
Isoleucine	1140 mg	2720 mg
Leucine	2140 mg	5100 mg
Lysine	1840 mg	4380 mg
Hydroxylysine	14 mg	34 mg
Methionine	458 mg	1090 mg
Phenylalanine	827 mg	1970 mg
Threonine	1270 mg	3030 mg
Tryptophan	357 mg	850 mg
Valine	1250 mg	2980 mg
NON-ESSENTIAL AMINO ACID		
Alanine	1020 mg	2420 mg
Aspartic Acid	1920 mg	4580 mg
Cysteine	379 mg	903 mg
Glutamic Acid	3860 mg	9190 mg
Glycine	580 mg	1380 mg
Proline	1580 mg	3750 mg
Hydroxyproline	112 mg	267 mg
Serine	1060 mg	2530 mg
Tyrosine	781 mg	1860 mg
Arginine	655 mg	1560 mg
Histidine	433 mg	1030 mg

***Recommended Daily Intake**

INGREDIENTS: Whey protein concentrate (42%), calcium caseinate (16%), soluble tapioca fibre, cocoa powder, golden flaxseed meal, cream powder, natural flavouring, hydrolysed collagen (bovine), hydrolysed oat flour, thickeners (organic gum acacia, organic guar gum, organic xanthan gum), sea salt, sweeteners (steviol glycoside, monk fruit), probiotic (*Bacillus coagulans*).

Contains Milk. May contain soy, almond, hazelnut, sesame seeds and egg.



Vanilla Protein SKU 60218845

NUTRITION INFORMATION		
Servings per package: 20		
Serving size: 40 g		
	Average Quantity Per Serving	Average Quantity Per 100 g
Energy	616 kJ (147 Cal)	1540 kJ (368 Cal)
Protein	22.6 g	56.4 g
- Gluten	Nil detected	Nil detected
Fat, total	2.5 g	6.3 g
- Saturated	1.3 g	3.3 g
Carbohydrate	5.0 g	12.4 g
- Sugars	2.8 g	6.9 g
Dietary Fibre	7.0 g	17.5 g
Sodium	110 mg	276 mg
Potassium	118 mg	294 mg
Calcium	184 mg (23% RDI*)	461 mg
Collagen	1.0 g	2.5 g
<i>Bacillus Coagulans</i>	100 million CFU	250 million CFU
ESSENTIAL AMINO ACID		
Isoleucine	1160 mg	2890 mg
Leucine	2160 mg	5400 mg
Lysine	1860 mg	4640 mg
Hydroxylysine	14 mg	34 mg
Methionine	464 mg	1160 mg
Phenylalanine	836 mg	2090 mg
Threonine	1280 mg	3210 mg
Tryptophan	361 mg	903 mg
Valine	1270 mg	3170 mg
NON-ESSENTIAL AMINO ACID		
Alanine	1020 mg	2560 mg
Aspartic Acid	1940 mg	4850 mg
Cysteine	383 mg	957 mg
Glutamic Acid	3920 mg	9800 mg
Glycine	584 mg	1460 mg
Proline	1600 mg	4000 mg
Hydroxyproline	112 mg	280 mg
Serine	1080 mg	2690 mg
Tyrosine	792 mg	1980 mg
Arginine	660 mg	1650 mg
Histidine	436 mg	1090 mg

***Recommended Daily Intake**

INGREDIENTS: Whey protein concentrate (44%), calcium caseinate (18%), soluble tapioca fibre, natural flavouring, golden flaxseed meal, hydrolysed collagen (bovine), thickeners (organic gum acacia, organic guar gum, organic xanthan gum), hydrolysed oat flour, cream powder, sea salt, sweeteners (steviol glycoside, monk fruit), probiotic (*Bacillus coagulans*).

Contains Milk. May contain soy, almond, hazelnut, sesame seeds and egg.



Vegan Protein SKU 60218846

NUTRITION INFORMATION		
Servings per package: 20		
Serving size: 40 g		
	Average Quantity Per Serving	Average Quantity Per 100 g
Energy	580 kJ (139 Cal)	1450 kJ (347 Cal)
Protein	22.9 g	57.3 g
- Gluten	Nil detected	Nil detected
Fat, total	1.7 g	4.4 g
- Saturated	0.3 g	0.7 g
Carbohydrate	3.9 g	9.8 g
- Sugars	1.5 g	3.8 g
Dietary Fibre	7.6 g	18.9 g
Sodium	174 mg	435 mg
Potassium	21 mg	54 mg
Iron	5.8 mg (48% RDI*)	14.5 mg
ESSENTIAL AMINO ACID		
Isoleucine	1040 mg	2600 mg
Leucine	1890 mg	4730 mg
Lysine	1290 mg	3230 mg
Methionine	331 mg	828 mg
Phenylalanine	1250 mg	3130 mg
Threonine	840 mg	2100 mg
Tryptophan	247 mg	618 mg
Valine	1270 mg	3170 mg
NON-ESSENTIAL AMINO ACID		
Alanine	1090 mg	2720 mg
Aspartic Acid	2300 mg	5760 mg
Cysteine	444 mg	1110 mg
Glutamic Acid	3960 mg	9900 mg
Glycine	920 mg	2300 mg
Proline	1000 mg	2500 mg
Serine	1140 mg	2860 mg
Tyrosine	868 mg	2170 mg
Arginine	1910 mg	4770 mg
Histidine	564 mg	1410 mg

***Recommended Daily Intake**

INGREDIENTS: Organic yellow pea protein (34%), organic brown rice protein (30%), tapioca fibre, natural flavouring, flaxseed powder, sunflower oil powder, yeast beta glucan (*saccharomyces cerevisiae*), oat flour, fava bean protein (0.8%), organic quinoa, thickeners (organic gum acacia, organic guar gum, organic xanthan gum), pumpkin seed protein (0.3%), sea salt, sweeteners (steviol glycoside, monk fruit extract).



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