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**dōTERRA Nutrition** | Protein  
Dietary Supplement

**20 Servings**

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## Primary Benefits

- + Provides premium protein blend
- + Combines stevia with natural flavors
- + Contains well-balanced amino acids profile necessary to enhance energy and increase stamina
- + Helps control appetite
- + Provides the body the necessary nutrients that it needs to produce ATP
- + Supports muscle growth and recovery
- + Contains NO GMO, gluten, soy, and RBST hormone

## Description

dōTERRA Protein is 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. Reducing sugar consumption is also an important aspect of improving your diet and overall health. dōTERRA Protein is sugar-free and a great tool to use in a Keto or other high-protein, low-carb diets.

### Whey Protein

dōTERRA Whey Protein provides 21 grams of a premium protein blend, from pasture-fed cows, to help you reach the recommended dietary allowance of protein and keep your body functioning at optimal capacity. Whey is one of the most nutritionally complete proteins and easy to digest without gas or bloating. As an added bonus, each serving also contains at least 6 grams of fiber to help manage appetite and assist overall digestive health. Formulated without GMOs, gluten, soy, and RBST hormone, dōTERRA protein offers the quality ingredients you expect to support a healthy lifestyle. dōTERRA Protein is naturally sweetened with stevia and is available in chocolate and vanilla flavors.

### Vegan Protein

Supplementing protein is especially important for those who live a vegan lifestyle. dōTERRA Vegan Protein contains 21g of a protein blend of sources including pea, brown rice, pumpkin seed, sacha inchi, and flax seed. When eating a plant-based diet, it is important to consume protein from a variety of sources to receive a profile of all 20 amino acids and that's exactly what dōTERRA Vegan Protein delivers. Each serving of dōTERRA Vegan Protein also contains 6 grams of fiber to help manage appetite and is sweetened naturally by monk fruit and stevia.\* dōTERRA Vegan protein is formulated without GMOs, gluten, and soy.

At only 140 calories or less depending on which protein shake you choose, dōTERRA Protein is ideal for blending into your customized creations. The flavors are delicious and creamy on their own but are neutral enough to add fruits, vegetables, adaptogenic blends, or any other bonuses to your daily wellness smoothies. Enjoy daily to fuel your body and support muscle growth and recovery.\*

## Directions

Blend 1 scoop of dōTERRA Protein with 8 ounces of water or preferred choice of milk until smooth and creamy. Add fruits and vegetables for added flavor and nutrition. For a unique flavor, blend in one drop of your favorite dōTERRA essential oil.

## Cautions

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

### CHOCOLATE PROTEIN

#### Nutrition Information 營養成分

Servings Per Package / 每包裝所含食用分量數目：20  
Serving Size / 食用分量：40g

Per Serving / 每食用分量	
Energy / 能量	128 Kcal
Protein / 蛋白質	22.2 g / 克
Total Fat / 總脂肪	2.5 g / 克
Saturated fat / 飽和脂肪	1.1 g / 克
Trans fat / 反式脂肪	0 g / 克
Total Carbohydrates / 總碳水化合物	11.2 g / 克
Sugars / 糖	1.3 g / 克
Dietary Fiber / 膳食纖維	6.5 g / 克
Sodium / 鈉	221 mg / 毫克
Vitamin A / 維他命A	1 mcg / 微克
Calcium / 鈣	528 mg / 毫克
Magnesium / 鎂	2 mg / 毫克
Potassium / 鉀	144 mg / 毫克

INGREDIENTS: Whey Protein Concentrate, Modified Tapioca Starch, Calcium Caseinate, Alkalized Cocoa Powder, Stabilizer (Gum Acacia), Sunflower Lecithin, Flaxseed Powder, Oat Flour, Sodium Chloride, Thickener (Xanthan Gum), High Oleic Sunflower Oil, (Emulsifier) Potassium Citrate, Butter, (Emulsifier) Sodium Citrate, Dry Buttermilk, Cocoa Powder, Sweetener (Steviol Glycosides), Inulin, Rice Starch, Sunflower Oil, Natural Flavors, Anti-Caking Agent (Silicon Dioxide)

Contains Milk and Gluten-Free Oats | 含有牛奶和無麩質燕麥。

#### Nutrition Information 營養成分

Servings Per Package / 每包裝所含食用分量數目：20  
Serving Size / 食用分量：38.8 g

Per Serving / 每食用分量	
Energy / 能量	128 Kcal
Protein / 蛋白質	21.4 g / 克
Total Fat / 總脂肪	3.4 g / 克
Saturated fat / 飽和脂肪	0.5 g / 克
Trans fat / 反式脂肪	0 g / 克
Total Carbohydrates / 總碳水化合物	9.2 g / 克
Sugars / 糖	0.2 g / 克
Dietary Fiber / 膳食纖維	6.7 g / 克
Sodium / 鈉	553 mg / 毫克
Calcium / 鈣	86 mg / 毫克
Potassium / 鉀	12 mg / 毫克

Ingredients: Pea Protein, Modified Tapioca Starch, Thickener (Gum Arabic), Sunflower Seed Oil, Flaxseed Powder, Medium Chain Triglycerides, Sodium Chloride, Rice Protein, Stabilizer (Xanthan Gum), Stabilizer (Guar Gum), Oat Flour, Yeast Powder, Inulin, Sweetener (Steviol Glucosides), Quinoa Powder, Pumpkin Seed Protein, Sacha Ichi Seed Protein, Rice Starch, Natural Flavors, Anti-Caking Agent (Silicon Dioxide)

### VEGAN PROTEIN