

## dōTERRA Nutrition

# Protein

### 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 Protein.

Even if we are careful with what we put into our bodies and intentional with our diet, we may not be getting enough of certain nutrients, like protein. dōTERRA Protein was 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 support a healthy immune system response. 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 7 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 monk fruit and stevia and is available in chocolate and vanilla flavors. Where you get your protein from matters, so choose a source that you can trust, a company whose very name—dōTERRA—says it all: Gift from the Earth.

### VEGAN PROTEIN

Supplementing protein is especially important for those who live a vegan lifestyle and that's why dōTERRA also offers an option for those who require plant-sourced protein. dōTERRA Vegan Protein contains 21g of a protein blend of sources such as 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 7 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.

### Product Usage

At only around 150 calories, 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 you add to your daily wellness smoothies. Enjoy daily to fuel your body and support muscle growth and recovery.



**PRIMARY BENEFITS**

- Provides premium protein blends
- Combines monk fruit and stevia sweeteners with all 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

**DIRECTIONS FOR USE**

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 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**

營養成份 Nutrition Facts	
份量: 一匙 (41克) Serving Size 1 Scoop (41 g)	
每瓶份量: 20次 Servings Per Container 20	
每份份量 Amount Per Serving	
Energy	150 Kcal
蛋白質 Protein	22.4g
Total Fat	3.2g
Saturated fat	1.5g
Trans fat	0g
總碳水化合物 Total Carbohydrates	12.1g
Dietary Fiber	8.1g
Soluble Fiber	6.7g
Sugar	1.5g
鈉 Sodium	186mg
膽固醇 Cholesterol	49mg
鈣 Calcium	53mg
鐵 Iron	1mg
鉀 Potassium	238mg

INGREDIENTS: Whey protein concentrate, Calcium caseinate, Soluble tapioca fiber/Resistant dextrin, Alkalized cocoa powder, Flax (Linum usitatissimum) seed powder, Oat (Avena sativa) flour, Maltodextrin, Nonfat drymilk, Sunflower lecithin, Sodium chloride, Gum acacia, Modified food starch, Guar gum, Arabic gum, Steviol glucosides, Xanthan gum, Cocoa butter powder, Natural chocolate fudge flavor WONF, Silicon dioxide, Monk fruit (Siraitia grosvenorii) extract, Natural vanilla flavor WONF, Alcohol, Caramel color, Calcium phosphate tribasic

Contains Milk.

**VEGAN PROTEIN**

營養成份 Nutrition Facts	
份量: 一匙 (39克) Serving Size 1 Scoop (39 g)	
每瓶份量: 20次 Servings Per Container 20	
每份份量 Amount Per Serving	
Energy	145 Kcal
蛋白質 Protein	21.9g
Total Fat	3g
Saturated fat	0.5g
Trans fat	0.1g
總碳水化合物 Total Carbohydrates	10.5g
Dietary Fiber	7.6g
Soluble Fiber	6.4g
Sugar	0.1g
鈉 Sodium	178mg
膽固醇 Cholesterol	0mg
鈣 Calcium	13mg
鐵 Iron	0.7mg
鉀 Potassium	10.5mg

INGREDIENTS: Pea (Pisum sativum) protein, Brown (Oryza sativa) rice protein, Soluble tapioca fiber/Resistant dextrin, Flax (Linum usitatissimum) seed powder, Gum acacia, Sunflower oil, Yeast (Saccharomyces cerevisiae) beta-glucan, Oat (Avena sativa) flour, Sacha inchi (Plukenetia volubilis/huayllambana) seed protein, Modified tapioca starch, Quinoa (Chenopodium quinoa) grain powder, Maltodextrin (Tapioca), Pumpkin (Cucurbita moschata) seed protein, Sodium chloride, Guar gum, Natural vanilla flavor WONF, Steviol glucosides, Medium chain triglycerides, Xanthan gum, Natural flavor, Glycerine, Mixed tocopherols, Silicon dioxide, Monk fruit (Siraitia grosvenorii) extract, Calcium phosphate tribasic