



dōTERRA Nutrition | Whey Protein
Dietary Supplement
20 Servings

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.

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.

VEGAN PROTEIN

Supplement Facts		
Serving Size 1 Scoop (39 g)		
Servings Per Container 20		
	Amount per Serving	% Daily Value*
Calories	140	
Total Fat	4 g	5%*
Saturated Fat	1 g	5%*
Polyunsaturated Fat	1.5 g	**
Monounsaturated Fat	1 g	**
Total Carbohydrate	10 g	4%*
Dietary Fiber	7 g	25%*
Total Sugars	0 g	**
Added Sugars	0 g	0%*
Protein	21 g	34%
Calcium	30 g	2%
Iron	4.5 mg	25%
Sodium	450 mg	20%

*Percent Daily Values are based on a 2,000 calorie diet.
 **Daily Value not established.

INGREDIENTS: Protein Blend (Pea, Rice, Quinoa Seed, Pumpkin Seed, Sacha Inchi Seed), Modified Tapioca Starch, Gum Acacia, Sunflower Oil, Flaxseed Powder, Medium Chain Triglycerides Oil, Sea Salt, Xanthan Gum, Guar Gum, Oat Flour, Yeast (Saccharomyces cerevisiae), Beta-Glucan, Inulin, Steviol Glycosides, Natural Flavors