

# TerraMix™ Plant Protein

Formula Dietary Food

dōTERRA®  
Product Information Page



**TerraMix Plant Protein** | Formula Dietary Food  
Net wt 525 g

## Primary Benefits

- + High in Protein
- + High in Dietary Fiber
- + Low in Sugar
- + Enriched with Vitamin A, B1, B2, B6, B12, C, E, K1, Biotin, Pantothenic Acid, Molybdenum, Iron, Calcium, Chloride, Potassium, Sodium, Chromium, Phosphorus, Manganese
- + Source of Vitamin B3, D, Choline, Folic Acid, Selenium, Copper, Magnesium, Iodine, Zinc
- + Inulin is a prebiotic that helps to increase intestinal bifidobacteria and maintain a good intestinal environment
- + Support Body Processes
- + Locust Bean Gum, Xanthan Gum, and Cactus Powder in the French Botanical Blend help to improve satiety.

## 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 Plant 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.

### PLANT PROTEIN

A perfect, well-rounded plant-based formula encompasses 7 Types of Plant-based Proteins, a rich assortment of 28 Vitamins and Minerals, a Dual Fiber Blend and a French Botanical Blend that work synergistically to meet your daily well-being needs. dōTERRA Plant Protein contains 18.4g of a protein blend of sources such as Isolated Soy Protein, French Alfalfa Protein Concentrate, Oat Protein Concentrate, Pea Protein Powder, Pumpkin Seed Protein, Hydrolysed Rice Protein, and Brown Rice Protein. Each serving of Plant Protein also contains Isomaltulose and Medium Chain Triglycerides (MCT) Oil Powder are the excellent energy sources, Acacia Gum and Inulin as a fiber blend, French Botanical Blend (Locust Bean Gum, Xanthan Gum, and Cactus Powder) help to improve satiety.

## Ingredients

Plant-based Protein (Isolated Soy Protein, French Alfalfa Protein Concentrate, Oat Protein Concentrate, Pea Protein Powder, Pumpkin Seed Protein, Hydrolysed Rice Protein, Brown Rice Protein), Isomaltulose, Inulin, Medium Chain Triglycerides (MCT) Oil Powder (Coconut), Micronutrient Premix (Minerals: Calcium, Chloride, Potassium, Phosphorus, Sodium, Magnesium, Zinc, Iron, Manganese, Copper, Iodine,

Molybdenum, Chromium, Selenium; Vitamins: Vitamin C, Vitamin E, Vitamin B3, Pantothenic Acid, Vitamin B6, Vitamin B1, Vitamin B2, Vitamin A, Folic Acid, Vitamin K1, Biotin, Vitamin D3, Vitamin B12, Choline), Anti-caking Agent (Silicon Dioxide), Acacia Gum, French Botanical Blend (Locust Bean Gum, Xanthan Gum, Cactus Powder), Stevia Extract, MetaPWR Essential Oil Blend, Oat Bran Powder.

## Directions For Use

Add 2 scoops (~35g) of dōTERRA Plant Protein into 200ml water (best served cold). Stir and mix until dissolved.

## Cautions

Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Store in a cool, dry place.

## Recommended Storage Condition

Store in cool dry condition below 30°C, keep away from direct sunlight.