

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

[†]These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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/3nI3syN>



VANILLA PROTEIN

Supplement Facts

Serving Size 1 Scoop (37 g)
Servings Per Container 20

	Amount per Serving	% Daily Value
Calories	140	
Total Fat	2.5 g	3%*
Saturated Fat	1 g	5%*
Polyunsaturated Fat	0.5 g	**
Cholesterol	50 mg	17%*
Total Carbohydrate	10 g	4%*
Dietary Fiber	7 g	25%*
Total Sugars	1 g	**
Includes 0 g Added Sugars		0%*
Protein	21 g	42%*
Calcium	50 mg	4%
Sodium	200 mg	9%

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

INGREDIENTS: Whey protein concentrate, Calcium caseinate, Tapioca fiber, Flaxseed powder, Oat flour, Cream, Maltodextrin, Nonfat dry milk, Gum acacia, Sunflower lecithin, Guar gum, Xanthan gum, Sea salt, Natural flavors, Steviol glucosides, Monk fruit extract.

Contains Milk.

CHOCOLATE PROTEIN

Supplement Facts

Serving Size 1 Scoop (41 g)
Servings Per Container 20

	Amount per Serving	% Daily Values
Calories	150	
Total Fat	3 g	4%*
Saturated Fat	1.5 g	8%*
Cholesterol	50 mg	17%*
Total Carbohydrate	12 g	4%*
Dietary Fiber	8 g	29%*
Total Sugars	2 g	**
Includes 0g Added Sugars		0%*
Protein	22 g	44%*
Calcium	50 mg	4%
Iron	1.8 mg	10%
Sodium	190 mg	8%
Potassium	200 mg	5%

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

INGREDIENTS: Whey protein concentrate, Calcium caseinate, Tapioca fiber, Cocoa powder (processed with alkali), Flaxseed powder, Oat flour, Cream, Maltodextrin, Nonfat dry milk, Sunflower lecithin, Gum acacia, Sea salt, Guar gum, Steviol glucosides, Xanthan gum, Natural flavors, Monk fruit extract.

Contains Milk.

VEGAN PROTEIN

Supplement Facts

Serving Size 1 Scoop (39 g)
Servings Per Container 20

	Amount per Serving	% Daily Value
Calories	150	
Total Fat	3 g	4%*
Saturated Fat	0.5 g	3%*
Polyunsaturated Fat	1 g	**
Monounsaturated Fat	1 g	**
Total Carbohydrate	10 g	4%*
Dietary Fiber	7 g	29%*
Total Sugars	0 g	**
Includes 0 g Added Sugars		0%*
Protein	21 g	42%*
Calcium	13 mg	1%
Iron	1 mg	6%
Sodium	180 mg	8%

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

INGREDIENTS: Pea protein, Brown rice protein, Tapioca fiber, Flaxseed powder, Gum acacia, Sunflower oil, Yeast (*Saccharomyces cerevisiae*) beta-glucan, Oat flour, Sacha inchi (*Plukenetia volubilis/huayilambana*) seed protein, Modified tapioca starch, Quinoa grain powder, Maltodextrin, Pumpkin seed protein, Natural flavors, Sea salt, Guar gum, Steviol glucosides, Xanthan gum, Monk fruit extract.

dōTERRA®

Vanilla Protein
20 Servings

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Chocolate Protein
20 Servings

60207068

Vegan Protein
20 Servings

60207067

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