



## Perfect Protein® Pea & Rice

### Featuring OptiProtein®, a balanced combination of proprietary pea and rice protein with added BCAAs

**Form:** Powder  
**Flavor:** Chocolate  
**Size:** 30 Servings

Protein is a crucial macronutrient needed to support overall health. Due to diet and lifestyle preferences, obtaining enough protein can be a challenge.

Introducing new Perfect Protein® Pea & Rice—the perfect choice for plant-based protein.

Perfect Protein Pea & Rice features OptiProtein®—a balanced combination of 20 grams of a high quality, proprietary pea and rice protein blended with 3.5 grams of added essential amino acids (EAAs) to deliver a complete protein source that helps to support a healthy, active lifestyle.

With a plant-based formula that's 100% dairy-free, Perfect Protein Pea & Rice is suitable for vegans, vegetarians, or those with lactose intolerance or sensitivity. It's an ideal way to add high quality protein into your diet.

Ingredients	Amount Per Serving	% Daily Value
Serving Size	2 Scoops (40 g)	
Servings per Container	30	
Calories	150	
Total Fat	3 g	4%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	260 mg	11%
Total Carbohydrate	7 g	3%
Dietary Fiber	1 g	4%
Total Sugars	3 g	
Includes 2g Added Sugars		4%
Protein	20 g	32%
Vitamin D	0 mcg	0%
Calcium	80 mg	6%
Iron	9 mg	50%
Potassium	330 mg	8%
<b>Typical Amino Acid Profile (mg/Serving)*</b>	<b>Amount Per Serving</b>	
L-Alanine	940 mg	
L-Arginine***	1,710 mg	
L-Aspartic Acid	2,450 mg	
L-Cystine (Cysteine)***	230 mg	
L-Glutamic Acid	3,870 mg	
Glycine***	840 mg	
L-Histidine**	480 mg	
L-Isoleucine (BCAA)**	1,380 mg	
L-Leucine (BCAA)**	2,830 mg	
L-Lysine**	1,700 mg	

L-Methionine**	430 mg
L-Phenylalanine**	1,130 mg
L-Proline***	970 mg
L-Serine***	1,110 mg
L-Threonine**	1,700 mg
L-Tryptophan**	280 mg
L-Tyrosine***	860 mg
L-Valine (BCAA)**	1,470 mg

**Ingredients:** pea protein isolate, rice protein concentrate, organic cocoa powder (processed with alkali), † organic cane sugar, natural flavors, †† L-leucine, L-threonine, L-isoleucine, L-valine, L-lysine hydrochloride, guar gum, xanthan gum, sunflower lecithin, dl-methionine, luohanguo fruit (monk fruit) extract, salt, L-tryptophan, silica, and rebaudioside a (from stevia rebaudiana leaf extract).

**Directions:** Take one serving once daily or as directed by your healthcare provider. Blend, shake, or briskly stir 2 scoops (40 g) into 8 fluid ounces of chilled water.

**This product is non-GMO, gluten-free, and vegetarian.**

**Caution:** Keep out of reach of children.

**Tamper Evident:** Do not use if package is torn or open.

**Storage:** Keep tightly closed in a cool, dry place.

**WARNING: VERY LOW CALORIE PROTEIN DIETS (BELOW 400 CALORIES PER DAY) MAY CAUSE SERIOUS ILLNESS OR DEATH. DO NOT USE FOR WEIGHT REDUCTION IN SUCH DIETS WITHOUT MEDICAL SUPERVISION. NOT FOR USE BY INFANTS, CHILDREN, OR PREGNANT OR NURSING WOMEN.**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

†Cocoa Horizons Foundation Verified

††No MSG

\* Contributed by pea protein, rice protein, added amino acids, and cocoa powder

\*\*Essential amino acid

\*\*\*Conditionally essential amino acid

**WARNING: Consuming this product can expose you to chemicals including lead, which are known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.P65warnings.ca.gov/food](http://www.P65warnings.ca.gov/food)**