



## dōTERRA Nutrition | Protein

Dietary Supplement  
20 Servings

**Vanilla 60223975**

**Chocolate 60223976**

**Vegan 60223977**

## 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

\*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. dōTERRA

## 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.

### 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 at least 6 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 stevia and is available in chocolate and vanilla flavors.

### 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.

VANILLA PROTEIN

Supplement Facts

Serving Size 1 Scoop (38 g)  
Servings Per Container 20

|                    | Amount Per Serving | % Daily Value* |
|--------------------|--------------------|----------------|
| Calories           | 120                |                |
| Total Fat          | 2.5 g              | 3%*            |
| Saturated Fat      | 1 g                | 5%*            |
| Cholesterol        | 55 mg              | 18%            |
| Total Carbohydrate | 10 g               | 4%*            |
| Dietary Fiber      | 6 g                | 21%*           |
| Total Sugars       | 1 g                | **             |
| Added Sugars       | 0 g                | 0%*            |
| Protein            | 21 g               | 42%*           |
| Calcium            | 130 mg             | 10%            |
| Sodium             | 260 mg             | 11%            |
| Potassium          | 150 mg             | 3%             |

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

INGREDIENTS: Whey Protein Concentrate, Modified Tapioca Starch, Calcium Caseinate, Gum Acacia, Sunflower Lecithin, Flaxseed Powder, Oat Flour, Sea Salt, Xanthan Gum, Sunflower Oil, Butter Powder, Potassium Citrate, Sodium Citrate, Steviol Glycosides, Natural Flavors  
Contains: Milk.

CHOCOLATE PROTEIN

Supplement Facts

Serving Size 1 Scoop (40 g)  
Servings Per Container 20

|                    | Amount Per Serving | % Daily Value* |
|--------------------|--------------------|----------------|
| Calories           | 130                |                |
| Total Fat          | 3 g                | 4%*            |
| Saturated Fat      | 1 g                | 6%*            |
| Cholesterol        | 55 mg              | 18%            |
| Total Carbohydrate | 11 g               | 4%*            |
| Dietary Fiber      | 7 g                | 24%*           |
| Total Sugars       | 2 g                | **             |
| Added Sugars       | 0 g                | 0%*            |
| Protein            | 22 g               | 44%*           |
| Calcium            | 135 mg             | 10%            |
| Iron               | 1 mg               | 7%             |
| Sodium             | 260 mg             | 11%            |
| Potassium          | 245 mg             | 5%             |

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

INGREDIENTS: Whey Protein Concentrate, Modified Tapioca Starch, Calcium Caseinate, Cocoa Powder (processed with alkali), Gum Acacia, Sunflower Lecithin, Flaxseed Powder, Oat Flour, Sea Salt, Sunflower Oil, Xanthan Gum, Butter Powder, Potassium Citrate, Sodium Citrate, Steviol Glycosides, Inulin, Natural Flavors  
Contains: Milk

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