

FAQS

What is the amino acid profile of Organic Protein Plant Based Protein Powder?

The figures below represent the typical amino acid profile per serving (mg). Please note:

essential amino acid †branched chain amino acids Alanine 1210 mg Arginine 1690 mg Asparagine/Aspartic Acid 1860 mg Cysteine/Cystine 388 mg Glutamine 3610 mg Glycine 902 mg Histidine 449 mg Isoleucine*† 997 mg Leucine*† 1770 mg Lysine* 829 mg Methionine* 534 mg Phenylalanine* 1190 mg Proline 975 mg Serine 1040 mg Threonine* 759 mg Tryptophan* 185 mg Tyrosine 1220 mg Valine*† 1220 mg

Do you make a protein powder without organic stevia or erythritol?

Yes! Please click [here](#), to check out our Natural Unsweetened variety. This particular variety does not contain organic stevia or erythritol. It is unsweetened and unflavored. Keep in mind, you can combine this with fruits, vegetables, natural sweeteners such as honey to suit your taste buds!

Can I share my shake or smoothie with my child?

Yes! It is perfectly okay for a child to consume. As a general guideline, we recommend reducing the serving size to more closely suit the moderate protein needs of a child. For children between the ages of 2 and 4 we recommend decreasing the serving to 1/4 serving (half a scoop) and for children from 4-12 years old to 1/2 serving (1 scoop).

Can I use the protein powder to prepare hot foods?

Absolutely! We simply advise against using a microwave as it may negatively impact the nutritional value of the product.

How should I store the protein powder?

Please store the protein powder in a dry, cool place, such as a closet or pantry. Do not store the protein powder in the refrigerator or freezer as moisture can shorten the shelf life.

Does this protein powder contain caffeine?

The Creamy Chocolate Fudge flavor does contain a small amount of naturally occurring caffeine from the organic cocoa. A serving contains less than 1/14 the amount of caffeine as a cup of coffee. The Iced Coffee flavor contains approximately 60mg of caffeine per serving from the organic coffee beans used (comparable to a 1 fl oz of espresso)*. *USDA reference database of 1 fl oz espresso

How should I mix this?

Mix 1 scoop with 8-10 ounces with your preferred liquid.