

RAW MEAL™



RAW PROTEIN™

Achieve Peak Performance the Clean, Lean, RAW, Plant-Based Way— with RAW Protein and RAW Meal

What's Shakin' on the RAW Protein and RAW Meal Scene?

*Plenty. RAW Protein and RAW Meal are the #1 selling brands for a reason! They're USDA Certified Organic, Non-GMO Project Verified, RAW, vegan, gluten free, dairy-free and soy free with no fillers, synthetic ingredients or anything else you don't want but everything you DO want to achieve **PEAK PERFORMANCE**.*

It doesn't matter if you're a professional athlete, a bodybuilder, Bob the Builder, a busy college student, an on-the-go mom, a sports enthusiast, a business professional, a weekend warrior, just entering your golden years—or are at any other “place” in life that calls for peak performance.

Why? Protein touts a level playing field. *Everyone* needs protein—*complete* protein.

Protein's one of the macronutrients our bodies can't do without. It supplies energy and structural components necessary for growth—including the building of muscles, new cells and tissues. Protein also increases stamina, supports a healthy weight and immune system, and fuels most of the biochemical activities of the body. Likewise, enzymes, antibodies and hormones are made primarily of protein.

The truth is that we need to have complete protein, and people are flocking to supplemental protein to build lean muscle, strength, endurance and muscle recovery; to support a healthy weight; for balanced nutrition as well as

the convenience that supplemental protein offers—including how you can take it with you anywhere, and that it's a cinch to mix and use.

In short, people just like you want to reach their peak performance levels—whether that means at the office, in school, at home with the kids or competing in your favorite sport—and complete protein delivers.

RAW Protein and RAW Meal Set the Bar for “CLEAN” Protein

When you see the word, “**RAW**” in RAW Protein and RAW Meal, the first thing that should come to mind is CLEAN because that's what our RAW really means.

Did you know there are over 150 different synthetic pesticides used when farming conventional plant-based protein sources? But Garden of Life's RAW Protein and RAW Meal begin their lives on certified organic farmland where farmers use best organic agricultural practices to ensure that our sprouted grains, including the brown rice, stay free from these chemical toxins.



EXTRAORDINARY health™

Once our farmers have prepared the organic certified fields for planting, they ensure that the seed they start with is USDA Organic Certified. In fact, Garden of Life requires that the seed crop be fully certified and verified free of genetically modified material.

That's how RAW Protein and RAW Meal start off CLEAN.

But we know that it's just as important how you finish. And that's why our USDA Certified Organic vegan plant proteins, once harvested, are NEVER heat treated, denatured, chemically altered or acid washed like most whey proteins and other plant sources. Garden of Life's RAW standard means ingredients are produced and manufactured below 115° F to protect these precious living nutrients.

That's our secret to producing protein supplements teeming with live probiotics and enzymes.

Our commitment is to always offer the finest, **purest, USDA Organic and NON-GMO Verified products**, with these quality seals clearly visible on our labels, to give you assurance with every purchase. RAW Protein and RAW Meal are also free of gluten, soy, dairy and lactose, with no artificial fillers, preservatives, artificial flavors or sweeteners.

Now *that's* clean.

RAW Protein for PEAK Performance

Not all plants are alike, and many are called "incomplete proteins" because they have poor ratios of essential amino acids, or very low amounts of certain essential amino acids. But RAW Protein is different, offering a complete plant-based protein important for all, especially those on vegetarian or vegan diets. RAW Protein's Organic RAW Sprout Blend is comprised of 13 seeds, grains and legumes, featuring organic sprouted brown rice. This protein source is very well utilized by the human body. Containing 17 grams of undenatured protein, fat soluble vitamins, protein-digesting enzymes and live probiotics, RAW Protein is a complete protein.

And why do you need essential amino acids? They cannot be made by the body and, therefore, must be supplied in the diet. RAW Protein has an exceptional amino acid profile, including all essential amino acids in the right proportion, making it high biological value—for PEAK performance.

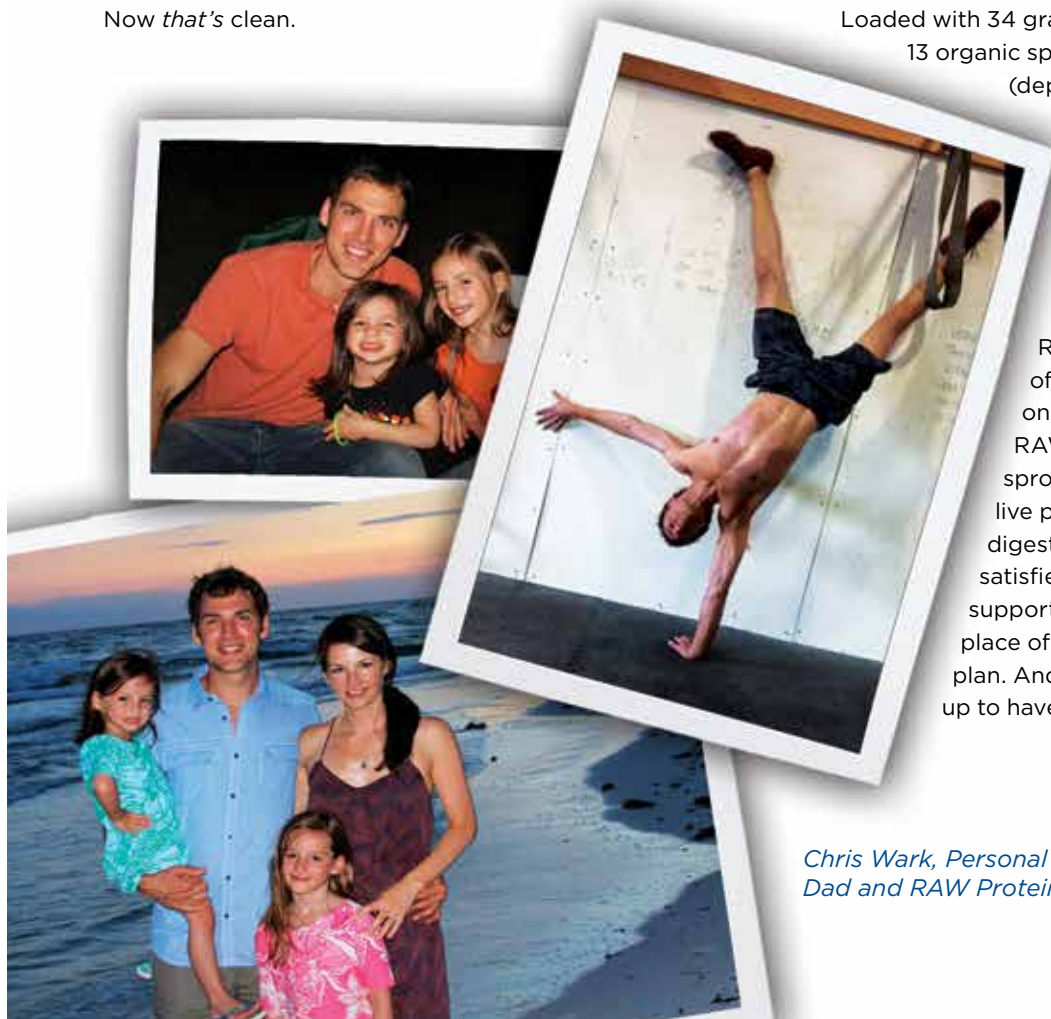
RAW Meal for PEAK Performance

Garden of Life's RAW Meal provides a naturally satisfying and healthy RAW, USDA certified organic, vegan meal all wrapped up in one delicious serving. Loaded with 34 grams of high-quality protein from 13 organic sprouts, 9 to 16 grams of fiber

(depending on flavor) and 2 grams of healthy omega-3s, RAW Meal also provides 20 Vitamin Code® vitamins and minerals—providing 100% Daily Value of 16 key nutrients—plus live probiotics and enzymes!

RAW Meal provides the nutrition of a well-balanced, healthy meal in one serving. RAW Meal contains 26 RAW, organic superfoods including sprouts, seeds, greens and fruits plus live probiotics and enzymes for healthy digestion. RAW Meal is naturally filling, satisfies hunger, provides energy and supports healthy weight loss when used in place of a meal as part of a balanced diet plan. And talk about convenience—just mix it up to have a healthy meal on the run.

*Chris Wark, Personal Health Coach,
Dad and RAW Protein lover*



Dr. Fred Hartman, Oral Surgeon, Dad, Triathlete and RAW Meal enthusiast

The protein source is the Organic RAW Sprout Blend composed of 13 seeds, grains and legumes, featuring organic sprouted brown rice. They are rich in energy, vitamins, minerals, amino acids, proteins as well as beneficial enzymes and phytochemicals—necessary for a germinating plant to grow. Sprouting increases plant enzyme content, protein quality, crude fiber content, essential fatty acids, chelation of minerals and vitamin content.

Unlike many other vegetarian protein sources, our Organic Sprout Blend, featuring whole grain brown rice, offers a complete source of protein—34g per serving—with a balanced amino acid profile with a high biological value—for PEAK performance.

*Eric Dunkley, Active Duty Armor Officer, Purple Heart Recipient, Triathlete and RAW Meal lover
Photo by Kreutz Photography*



How RAW Protein and RAW Meal Help You Attain **PEAK** Performance:

Protein: RAW Protein and RAW Meal are RAW, vegan, plant-based, USDA Certified Organic protein formulas. A complete source of protein from 13 RAW and organic sprouts, RAW Protein gives you everything you want—and more—in a protein supplement. Containing 17 grams of undenatured protein, RAW Protein is a **complete** protein, including all the essential amino acids in the right proportion. Likewise, one serving of **RAW Meal** provides 34 grams of undenatured protein, including all essential amino acids.

Energy: Let's face it. You need energy to be a PEAK Performer. **RAW Protein** helps build and repair muscles, is a good either pre- or post-workout and promotes protein synthesis, supplies fat-soluble vitamins, protein-digestive enzymes and live probiotics, plus much more. **RAW Meal** touts similar energy-supporting benefits, while providing the nutrition of a well-balanced meal or snack, and is packed with 20 Vitamin Code® whole food vitamins and minerals, providing 100% Daily Value of 16 key nutrients.

Advantages: Some of the RAW, Clean Advantages of RAW Protein are that it provides 3.8g of branched chain amino acids; is the highest-quality alternative to whey, milk and soy protein; is easily digested; is suitable for vegetarians and vegans; and is good for those with sensitivities to milk and other proteins. **RAW Meal** has similar advantages and provides 60mg of vitamin C; 348mg of calcium; 1,500IU of vitamin A; probiotics and enzymes for healthy digestion, while offering an excellent source of fiber—between 9g and 16g, depending on which flavor of RAW Meal.

Keeping It Clean:

RAW Protein and RAW Meal are **CLEAN** because they're USDA Certified Organic; Non-GMO Project Verified; Gluten Free; Dairy Free; Soy Free; with no Fillers or other "dirty" elements.

