

PROTEIN POWDER FACTSHEET

Per 25g serve	<u>BBDIET pea protein powder</u>	Average competitor brands*
Energy	104kcal	90-100 kcal
Carbohydrate (Total sugar)	1.1g (0.4g)	0-11g (0-9g)
Protein	20.4g	9-23g
Fat (Saturated fat)	2.5g (0.6g)	0-2.3g (0-1.3g)
Artificial sweetener, flavorings, additives, colorings or added sugar	No	Majority yes
Source of protein	Wholefoods	Protein isolates
ioPEA™	Yes	No
Main ingredient	100% Non-GMO Canadian Golden Peas Plant Protein	Protein concentrates
Suitability for special dietary needs	Free from: Trans fat, nut, dairy, gluten, lactose, corn, soy, trans-fat, GMO. Low FODMAP / allergen & Vegan	Varies, depending on brand and product line.
Designed by an Accredited Practising Dietitian?	Yes	Varies
Price	\$2.78	\$0.7-3.0

*Averaged from notable brands such as Optifast, Optislim, Musashi, Lady/Man Shakes, bRaw, Tropeaka, Botanika, and other available protein powder from Australia-based pharmacies and health supplement stores.

ioPEA™ - BBDiet pea protein has been optimised with technology to boost amino absorption to 300% compared to standard pea protein and is often recommended to people with sensitive guts to minimise gut symptoms.

visit www.bbdiet.com.au/health-foods to learn more, or ask your dietitian about our health foods.