

# LOVE & PEAS<sup>®</sup>

## SUGAR-FREE

### Protein-Rich, Sugar-Free Meal Replacement

Love and Peas,<sup>®</sup> Nature's Sunshine's popular blend of pea protein and nourishing whole foods, is now available in a delicious, sugar-free formula. Not only does this healthful meal replacement provide a full 20 grams of protein per serving, but it is free from common allergens, is dairy-free, lactose-free, gluten-free and proudly qualifies for the stringent vegan certified mark. Not to mention, it tastes great!

This new blend features a natural sweetener duo of luohan (monk fruit) and stevia. Love and Peas provides a wonderful alternative for people seeking a vegan protein source free from common allergens that is also low-glycemic and suitable for those who prefer a low-sugar, lower-carb diet.

## BENEFITS

- Provides 20 grams of vegetable protein per serving
- Contains ZERO grams of sugar and only 140 calories per serving
- Provides 70% or more of the Daily Value of 18 vitamins and minerals!
- Features a blend of antioxidants
- Helps provide a balanced amino acid profile
- Contains digestive enzymes to help support the assimilation of nutrients
- Is free from common allergens, dairy, lactose and gluten
- Is certified Vegan

## KEY INGREDIENTS

- Vegan protein matrix: pea protein isolate, brown rice, black beans, adzuki beans, garbanzo beans
- Natural sweetener system: stevia extract, luohan (monk fruit)
- Pea fiber, bamboo fiber and other vegetable fiber
- Prebiotic fiber
- Beneficial fats from flax seed and borage oil

## RECOMMENDED USE

Mix 2 level scoops (40 g) of Love and Peas powder with approximately 9 ounces of cold water, or mix to taste. Best when mixed in an NSP Power Shaker.

## FREQUENTLY ASKED QUESTIONS (FAQs)

### WHAT IS THE SWEETENER SYSTEM USED IN LOVE AND PEAS SUGAR-FREE?

*Stevia rebaudiana* is a natural, calorie-free sweetener extracted from the leaves of a South American plant. *Siraitia grosvenorii*, also known as luohan or monk fruit, is a type of gourd native to southern China and Thailand. The plant's fruit is nearly 300 times sweeter than sugar and is used as a natural, low-calorie sweetener. With almost zero calories, erythritol is a sugar alcohol that has the least impact on blood sugar, carbohydrate count and glycemic index. These ingredients combine to offer a smooth, clean, sweet flavor without the undesirable effects or aftertaste often associated with artificial sweeteners.

### WHAT IS THE PROTEIN SOURCE IN LOVE AND PEAS?

The majority of protein in Love and Peas comes from pea protein isolate, but it also contains a unique blend of brown rice, plus black bean, adzuki bean and garbanzo bean proteins. Increasingly, consumers are seeking out alternatives to animal and soy protein, and Love and Peas provides an ideal option.

### IS LOVE AND PEAS SUGAR-FREE SUITABLE FOR VEGANS?

Yes! Love and Peas Sugar-Free qualifies for the highly acclaimed Vegan Certified mark. Not only does it provide vegan protein, all of the other ingredients in Love and Peas Sugar-Free meet stringent vegan criteria as well.

### WHAT IS THE BEST WAY TO INCORPORATE THIS PRODUCT INTO MY DIET?

Love and Peas Sugar-Free can be used as a convenient meal replacement or in-between meal snack. It's full of protein, fiber and nutrients to help keep you satisfied and your engine running, but without the unwanted sugar and calories found in many powdered mixes. Love and Peas is best served cold and well-shaken. If you want to keep it simple, two scoops of Love and Peas powder in an NSP Power Shaker with cold water and ice works nice. If you prefer to mix things up, try a smoothie with almond milk, low-glycemic fruits and ice.

## LOVE & PEAS® SUGAR-FREE Protein-Rich, Sugar-Free Meal Replacement

Product Stock Number: 3087-3 (600 grams)

\*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.

### Nutrition Facts

Serving Size 2 Level Scoops (40 g)  
Servings Per Bag 15

| Amount Per Serving             | % Daily Value*       |
|--------------------------------|----------------------|
| <b>Calories 140</b>            | Calories from Fat 40 |
| <b>Total Fat</b> 4.5 g         | 7%                   |
| Saturated Fat 1 g              | 5%                   |
| Trans Fat 0 g                  |                      |
| <b>Cholesterol</b> 0 mg        | 0%                   |
| <b>Sodium</b> 390 mg           | 16%                  |
| <b>Potassium</b> 105 mg        | 3%                   |
| <b>Total Carbohydrate</b> 10 g | 3%                   |
| Dietary Fiber 3 g              | 12%                  |
| Soluble Fiber 3 g              |                      |
| Insoluble Fiber 0 g            |                      |
| Sugars 0 g                     |                      |
| Erythritol 2 g                 |                      |
| <b>Protein</b> 20 g            |                      |
| Vitamin A 70%                  | • Vitamin C 70%      |
| Calcium 2%                     | • Iron 0%            |
| Vitamin D 70%                  | • Thiamine 70%       |
| Riboflavin 80%                 | • Niacin 80%         |
| Vitamin B <sub>6</sub> 80%     | • Folate 80%         |
| Vitamin B <sub>12</sub> 80%    | • Biotin 80%         |
| Pantothenic Acid 80%           | • Iodine 70%         |
| Zinc 80%                       | • Selenium 70%       |
| Copper 80%                     | • Manganese 80%      |
| Chromium 80%                   | • Molybdenum 80%     |

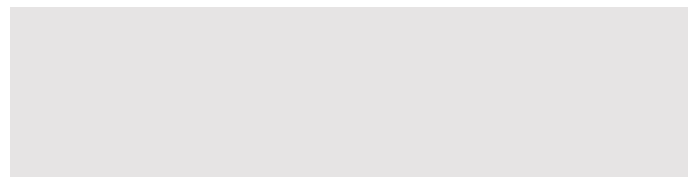
\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    |           | Calories: | 2,000    | 2,500    |
|--------------------|-----------|-----------|----------|----------|
| Total Fat          | Less than |           | 65 g     | 80 g     |
| Saturated Fat      | Less than |           | 20 g     | 25 g     |
| Cholesterol        | Less than |           | 300 mg   | 300 mg   |
| Sodium             | Less than |           | 2,400 mg | 2,400 mg |
| Potassium          |           |           | 3,500 mg | 3,500 mg |
| Total Carbohydrate |           |           | 300 g    | 375 g    |
| Dietary Fiber      |           |           | 25 g     | 30 g     |

**Calories per gram:**  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** Protein Matrix (Pea Protein Isolate [from split yellow peas], Rice Protein [from brown rice], Black Bean, Adzuki Bean, Garbanzo Bean), Natural Flavors (Vanilla), Sunflower Oil, Soluble Dietary Vegetable Fiber, Erythritol, Short Chain Fructooligosaccharides (scFOS), Medium Chain Triglycerides, Sea Salt, Flax Seed, Potassium Citrate, Sodium Citrate, Pea Fiber, Stevia Extract, Xanthan Gum, Bamboo Fiber, Rice Bran, Rice Germ, Guar Gum, Plant Enzyme Blend, Carrot, Ascorbic Acid, Borage Oil, Cranberry, Broccoli, Grape Seed Extract, Sodium Selenate, Biotin, Blueberry, Carrageenan, Niacinamide, Vitamin A Palmitate, Zinc Oxide, Copper Gluconate, Calcium d-Pantothenate, Manganese Sulfate, Vitamin D, Folic Acid, Potassium Iodide, Pyridoxine Hydrochloride (Vitamin B<sub>6</sub>), Riboflavin (Vitamin B<sub>2</sub>), Thiamine Hydrochloride (Vitamin B<sub>1</sub>), Sodium Molybdate, Luo Han (Monk Fruit) Extract, Pomegranate, Cyanocobalamin (Vitamin B<sub>12</sub>), Chromium Chloride, Grape Skin Extract, Oat Beta-Glucans.

For more information, contact:



NATURE'S SUNSHINE®