

Overview of Popular Plant-Based Protein Powders

Product*	Protein (g)	Calories	Protein Source	Sweetener	Serving Size	Cost**
Orgain Organic Protein, Vanilla Bean (2.03 lb canister)	21	150	Pea, brown rice, chia seed	Rice dextrins, rice bran extract, erythritol	2 scoops (46 g)	\$22.73 (\$0.70/oz)
Vega One Organic All-in-One Shake, French Vanilla (58.1 oz canister)	20	150	Pea, chia seed, sunflower seed, pumpkin seed, sacha inchi (plus vegetable and fruit blend)	Stevia	1 scoop (38 g)	\$79.15 (\$1.36/oz)
Nutiva Organic Hemp Seed Protein, Vanilla (16 oz canister)	10	120	Hemp seed	Coconut sugar	3 T (30 g)	\$13.52 (\$0.85/oz)
Raw Organic Protein by Garden of Life, Vanilla (21.86 oz canister)	22	110	Pea, brown rice, chlorella, amaranth, buckwheat, millet, quinoa, chia seed, garbanzo bean, lentil, adzuki bean, flaxseed, sunflower seed, pumpkin seed, sesame seed sprouts	Erythritol, stevia	1 scoop (31 g)	\$32.89 (\$1.50/oz)
Amazing Grass Protein Superfood, Pure Vanilla (21.9 oz canister)	20	120	Pea, hemp seed, chia seed, quinoa	Stevia	1 scoop (33 g)	\$39.99 (\$1.83/oz)
Nature's Best Plant-Based Vegan Protein Powder by Isopure, Vanilla (1.37 lb canister)	20	110	Pea, brown rice	Stevia, monk fruit	1 scoop (31 g)	\$24.99 (\$1.14/oz)
Sunwarrior Classic Plus, Vanilla (1.65 lb canister)	18	100	Pea, hemp seed, goji berry	Stevia	1 scoop (25 g)	\$35.99 (\$1.36/oz)
PlantFusion Complete Protein, Creamy Vanilla Bean (31.75 oz canister)	21	120	Pea, L-isoleucine, L-leucine, L-valine, L-glutamine, artichoke, amaranth, sprouted quinoa, algae	Lucuma, luohan guo, yacon root, stevia	1 scoop (30 g)	\$38.99 (\$1.22/oz)

SOURCE: COMPANY WEBSITES

* This list represents a sample of many of the plant-based protein powders on the market.

** Cost may vary.