

Botanicals Central
Plant-based Protein + Creatine

Vegan | Lactose Free

Nutrition Facts	Flavor		
Serving Size: 40 g Servings Per Package (sachet): 1	Boba Tea	Matcha	
	Per Serving	Per Serving	Unit
Calories	138	137	
Protein	22	22	g
Fat	2.8	2.9	g
Saturated Fat	1.2	1.2	g
Trans Fat	0	0	g
Carbohydrate	6.5	6.2	g
Sugars	2.8	1.8	g
Lactose	0	0	g
Dietary Fiber	0.8	0.8	g
Sodium	510	510	mg
Essential Amino Acids (EAA)	7,000	7,000	mg
Branched-Chain Amino Acids(BCAA)	3,100	3,100	mg
Leucine	1,550	1,550	mg
Isoleucine	775	775	mg
Valine	775	775	mg
Tryptophan	180	180	mg
Histidine	475	475	mg
Lysine	1,270	1,270	mg
Methionine	240	240	mg
Phenylalanine	960	960	mg
Threonine	775	775	mg
Arginine	1,400	1,400	mg
Glutamic Acid (including Glutamine)	3,100	3,100	mg

Other ingredients	Per serving	Per 100 g serving
Creatine Monohydrate	5 g	12.5 g
Hydrolyzed Soy (containing Soy Peptides)	20 mg	50 mg
AES Fermented Soy Powder	20 mg	50 mg

Source of Essential Amino Acids: Primarily derived from pea protein isolate, soy protein isolate, and hydrolyzed rice protein concentrate

Batch Number
Boba Tea: R1312508L
Matcha: R1312508K