

**ALL NEW!**  
PLANT-BASED ESSENTIALS

**KETO**  
APPROVED

**NORTH  
COAST  
NATURALS** <sup>TM/MC</sup>

# BOOSTED PLANT PROTEIN <sup>TM/MC</sup>

- ▲ 5 sprouted and fermented non-GMO vegan proteins
- ▲ 25 g of complete protein per serving
- ▲ 10 g of EAAs + BCAAs
- ▲ 1 Billion Probiotics (Bacillus subtilis DE111® + Lactobacillus fermentum)
- ▲ Digestive enzyme fortified
- ▲ Highly digestible & bioavailable
- ▲ No added gluten, low allergenicity
- ▲ 0 g of sugar



## FERMENTED + SPROUTED + PROBIOTICS + ENZYMES + TASTE

A specially formulated blend of sprouted & fermented non-GMO plant-based proteins that provide a complete protein with a superior amino acid profile that's rich in EAAs and BCAAs. This complete performance protein blend provides fermented pea protein isolate, organic sprouted pumpkin seed protein, organic sprouted & fermented brown rice protein, organic sprouted quinoa, and sprouted water lentil protein. Sprouting & fermenting plant proteins lowers antinutrient levels considerably, but we've gone one step further, we've added a strategic enzyme blend (including phytase & cellulase- crucial for helping digest plant-based foods) & probiotics (aid in supporting digestion & nutrient absorption). This balanced formula provides unmatched quality and taste!



NON-GMO



NATURAL



VEGAN

Direct from our 2 (BC & Ontario) warehouses  72 hours coast to coast

Distributed By:  
 **FIT FOODS**™ 1.888.337.0127 | [fitfoods.ca](http://fitfoods.ca)

**#FOODFIRSTLIVING**  
THE WAY IT SHOULD BE

[northcoastnaturals.com](http://northcoastnaturals.com)  
[@NORTHCOASTNATURALS](https://www.facebook.com/northcoastnaturals)  



\*PER SERVING

**NORTH  
COAST  
NATURALS** TM/MC

## BOOSTED PLANT PROTEIN SMOOTHIE

1 c. unsweetened almond or coconut milk or water.

1 c. of nuts (cashews, almonds or blend)

1/2 frozen banana

5 pitted dates, or 1 teaspoon honey, or sweetener of choice

1 scoop North Coast Naturals Boosted Plant Protein chocolate

1 tbsp North Coast Naturals MCT Oil

Blend all ingredients on high until smooth. Enjoy!

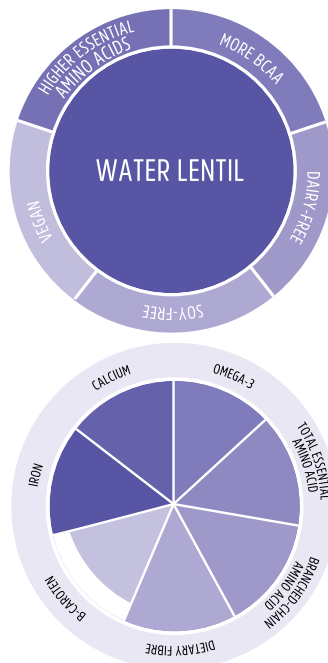
## If you're looking to meet all your protein and amino acid needs, Boosted Plant Protein is the next evolution in plant-based protein.

Getting enough quality protein is often a challenge. This blended vegan protein is a convenient and great tasting option for individuals looking to incorporate more plant-based proteins into their diet without having to compromise on quality and digestibility. We've added the beneficial and therapeutically active probiotics (*Bacillus subtilis* DE111® + *Lactobacillus fermentum*) and digestive enzymes (protease I, protease II, cellulase, phytase, amylase, pineapple, papaya). Alongside the benefits that sprouting and fermenting have to offer, these probiotics and enzymes ensure the very best possible protein digestion and assimilation! It mixes easily, tastes great in just water or your favourite smoothie, and is suitable for those with food sensitivities. 5 plant-based proteins, great taste, mixes readily with just water in a shaker cup, super-convenient—what more could you ask for?

## Sprouted Water Lentil

Although all the sprouted and/or fermented proteins have their wonderful attributes sprouted water lentil protein really stands out.

- ▲ It's a complete protein
- ▲ Higher in essential amino acids than any other plant protein
- ▲ Has a superior amino acid profile
- ▲ One of the most sustainable proteins sources on the planet (it can double its biomass in just 2 days!)



Vanilla

## Nutrition Facts Valeur nutritive

Per 1 scoop (34 g)  
pour 1 mesure (34 g)

Calories 130	% Daily Value*
	% valeur quotidienne*
<b>Fat / Lipides</b> 2 g	3 %
Saturated / saturés 0.5 g	2 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 3 g	
Fibre / Fibres 0.5 g	2 %
Sugars / Sucres 0 g	0 %
<b>Protein / Protéines</b> 25 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 240 mg	10 %
Potassium 60 mg	1 %
Calcium 50 mg	4 %
Iron / Fer 3 mg	17 %

\*5% or less is a little, 15% or more is a lot

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Complete performance protein blend (fermented pea protein isolate, organic sprouted pumpkin seed protein, organic sprouted fermented brown rice protein, organic sprouted quinoa, sprouted water lentil protein), natural vanilla flavours, phytase-powered digestive enzyme blend (phytase, protease I, protease II, pineapple, papaya, cellulase, amylase), sea salt, purified stevia leaf extract (decaffeinated), tart cherry, coconut MCT oil, probiotic bacterial cultures (*Bacillus subtilis* DE111®, *Lactobacillus fermentum* [1 billion CFU/serving]).  
**Formulated without:** Wheat, gluten, soy, dairy.



190816-1120



**FIT FOODS™**

1.888.337.0127

fitfoods.ca

#FOODFIRSTLIVING  
THE WAY IT SHOULD BE

northcoastnaturals.com  
@NORTHCOASTNATURALS