

prairie**naturals**®

Feel the Power of Organic & Vegan Proteins



**Vegan
Organic
Raw**

Prairie Naturals satisfies all your protein needs with our ever-growing family of high quality, certified organic and vegan protein powders. They are deliciously nutritious and are an easy and convenient way to ensure you and your family's protein needs are met. Feel the power of protein. Every day.



What difference does organic make?

One big difference between protein powders is the organic difference. Organic growers plant non-GMO seeds and use only safe, natural pest- and weedcontrol methods. They employ a wide range of non-toxic farming practices that protect our health and the health of the soil, air, and water.

Good for us. Good for Mother Earth.

When you choose Prairie Naturals vegan and organic source protein powders, you are choosing a protein powder that has not been adulterated in any way with harmful chemicals. There are no chemical fertilizers, pesticides, herbicides or fungicides and no hormones (like Bovine Growth Hormone, commonly used in the dairy industry) or antibiotics used on most non-organic dairy farms. It also means that the source of your protein powder has been produced on lands that are farmed sustainably.

ReThink Protein! Think Green!

From an environmental perspective, choosing plant source proteins is a good way to eat lower on the food chain and protect natural resources. The land and water used in producing plantsource proteins such as soybeans and hemp is significantly less than producing animal-source proteins. In addition, environmental agencies agree that water contamination caused by animal waste from feedlots poses a serious threat to human and wildlife health in many parts of North America.

How do vegan protein sources differ?

Protein is found in a wide variety of foods. Not long ago the nutritional thought of the day was that only animal sources of protein were valuable. Research proves, however, that vegan plant sources of protein are essential to good health. They provide a leaner and greener, cholesterol-free protein found to prevent inflammation, cancer, heart disease, obesity, and diabetes. Vegetable source proteins have become a solid cornerstone for healthy eating.



prairienaturals® Rice protein

Available in:

360g Powder

Flavours:

French Vanilla • Natural Flavour

100% vegan & gluten free

Prairie Naturals is the first in Canada to introduce Oryzatein™Silk, the only concentrated protein made entirely from certified organically grown, raw, sprouted brown rice. Prairie Naturals RiceProtein powder is a balanced, complete protein containing all the essential amino acids. It has a Protein Digestibility Corrected Amino Acid Score (PDCAAS) of 1, which is the same protein quality rating as whey, egg white and milk.

Purely vegan with 80% protein!

Derived entirely from sprouted, organic brown rice, Prairie Naturals RiceProtein powder is made using a proprietary, low-heat, chemical-free process. Every part of the sprouted, organic brown rice grain is utilized and naturally concentrated, yielding 80% protein. With a silky smooth texture and rich creamy taste, RiceProtein is a versatile, complete, instant vegan protein powder providing all the essential amino acids.

Hypoallergenic protein source

Prairie Naturals RiceProtein powder is a hypoallergenic protein powder that is easy to digest and welltolerated by people with food allergies and sensitivities. RiceProtein ensures protein needs are met every day by providing 24 grams of protein per serving. RiceProtein is a low-glycemic plant protein with phytonutrients and fibre.

Ingredients: Per 30 g serving (2 scoops)

Organic Oryzatein Silk™ Sprouted Whole-Grain Brown Rice Protein Powder Concentrate (80% protein content), Organic Vanilla Flavour, Natural Flavour, Organic Stevia Extract.

Nutrition Facts		
Valeur nutritive		
Per 2 scoops (30 g)		
Pour 2 mesures (30 g)		
Calories 110		Daily Value*
		% valeur quotidienne*
Fat / Lipides 0 g		0 %
Saturated / saturés 0 g		0 %
+ Trans / trans 0 g		
Carbohydrate / Glucides 3 g		
Fibre / Fibres 2 g		7 %
Sugars / Sucres 0 g		0 %
Protein / Protéines 24 g		
Cholesterol / Cholestérol 0 mg		
Sodium 0 mg		0 %
Potassium 0 mg		0 %
Calcium 0 mg		0 %
Iron / Fer 5 mg		30 %
*5 % or less is a little, 15 % or more is a lot		
*5 % ou moins c'est peu, 15 % ou plus c'est beaucoup		



prairienaturals[®] Whey protein

Available in:

300g Powder

Flavours:

French Vanilla • Natural Flavour

100% gluten free. For all ages!

Hunky muscle-men do it. Petite yoga instructors do it. Dieters do it. Kids do it. Even grandparents do it! They all use whey protein powders. But until recently it wasn't organic. Now it is!

Made from fresh, organic milk

Organic WheyProtein from Prairie Naturals is one of the purest whey proteins available. Naturally derived from organic fresh milk, Organic WheyProtein provides a rich source of protein microfractions including lactoferrin (powerful antioxidant effects), glycomacropeptides (reduces appetite, aids in digestion and absorption of protein, anti-microbial and anti-bacterial), immunoglobulins, beta and alpha-lactalbumins, serum albumin and lactoperoxidase (promotes gastrointestinal health and immunity).

Pure & simple. Better absorption

Micro ultra-filtered (for better absorption) and concentrated, without the use of high heat or acid treatments which can denature and damage protein molecules, our Organic WheyProtein has absolutely no sugar, artificial flavours or colours. Neither does it contain the high levels of fat or cholesterol found in many other protein sources such as eggs, cheese and meat. Prairie Naturals Organic WheyProtein is virtually fat-free and very low in carbohydrates and lactose. Many lactosesensitive people tolerate whey proteins well.

Ingredients:

Per 30g serving (2 scoops)
Organic Whey Protein Concentrate, Natural Cream Flavour, Xanthan Gum, Organic Caramel Flavour, Organic Vanilla Flavour, Natural Flavour, Organic Stevia Extract. **Contains Milk.**

Nutrition Facts		Valeur nutritive	
Per 2 scoops (30 g)			
Pour 2 mesures (30 g)			
Calories 120		Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 2 g			3 %
Saturated / saturés 1.5 g			8 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 2 g			
Fibre / Fibres 0 g			0 %
Sugars / Sucres 2 g			2 %
Protein / Protéines 23 g			
Cholesterol / Cholestérol 65 mg			
Sodium 60 mg			3 %
Potassium 130 mg			3 %
Calcium 150 mg			12 %
Iron / Fer 0.3 mg			2 %
*5 % or less is a little, 15 % or more is a lot			
*5 % ou moins c'est peu, 15 % ou plus c'est beaucoup			



prairie naturals® Hempprotein

Available in:
400g Powder

Flavours:
Dark Organic Chocolate • French Vanilla • Natural Flavour

100% vegan & gluten free

Made from organically grown hempseeds, Prairie Naturals HempProtein is a raw, vegan whole food, complete protein powder that delivers superior quality protein containing every one of the essential amino acids our bodies need.

Raw super food protein

Made from specially processed raw hempseeds, HempProtein supplies a well-absorbed source of complete protein with all the essential amino acids. It also yields significant amounts of a unique protein component called edestin which has the power to repair and defend our body's cells. Edestin likely also plays a role in the superior digestibility and nonallergenic nature of hempseed protein. Albumin, another high quality globulin protein is also present in HempProtein.

Balanced omega fats

You won't find any cholesterol, trans or unfriendly saturated fats in HempProtein. But you will find up to 120 mg of gamma linolenic acid (GLA) per serving, along with omega 3 and omega 6 fats in the optimal 3:1 ratio as recognized by the World Health Organization (WHO). Omega fats and GLA support a wide range of important physiological functions in the human body from acting as an anti-inflammatory to regulating cholesterol levels and modulating immune response. Researchers have also found hemp's balanced ratio omega fats to play a key role in the prevention of heart disease, diabetes and depression.

Ingredients: Per 30 g serving (2 scoops)

Organic Hemp Protein, Organic Cocoa Powder, Organic Dark Chocolate Flavour, French Vanilla Flavour, Natural Flavour, Organic Stevia Extract.

Nutrition Facts	
Valeur nutritive	
Per 2 scoops (30 g) Pour 2 mesures (30 g)	
Calories 120	Daily Value*
Fat / Lipides 3.5 g	% valeur quotidienne*
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés Omega-3 / oméga-3 0.6 g	
Carbohydrate / Glucides 8 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 15 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 350 mg	7 %
Calcium 50 mg	4 %
Iron / Fer 7 mg	40 %
*5 % or less is a little, 15 % or more is a lot *5 % ou moins c'est peu, 15 % ou plus c'est beaucoup	



prairienaturals[®] Bonebroth protein

Available in:

150g/300g Powder

Flavours:

Beef • Chicken

Bone broth is...

one of the most unique and powerful superfoods we have today.

Traditional cultures all around the world greatly value broth or soup made by simmering a variety of animal and fish bones. To this day, it is the basis of nutritious soup or stock preparation for culinary experts and health-conscious cooks. Bone broth soups are valued because they are nutrient-dense, easy to digest, and full of health-restorative goodness! Bone broth's wide array of nutrients is celebrated in various cultures as a tried-&-true remedy for the sick and weak, or simply anyone wishing to build and fortify.

The nutritive components of bone broth

Bone Broth is one of the most unique and powerful superfoods we have today. Although the exact nutritional content may vary, broth made from bones (along with knuckles, joints & cartilage) is a rich source of digestible collagen, an array of amino acids, hyaluronic acid, chondroitin and glucosamine, easy-to-absorb minerals, and much more!

The benefits of bone broth

These curative components of bone broth play vital roles in gut health, immune system support, healthy bones and joints, smooth skin and overall healing.

Ingredients: Per 15 g serving (1 scoops)

- Bone Broth Protein (Chicken):
Organic, Free-Range Chicken Bone Broth Protein Powder
- Bone Broth Protein (Beef):
Organic, Grass-Fed Beef Bone Broth Protein Powder.

Nutrition Facts	
Valeur nutritive	
Per 1 scoop 15 g serving	
Par mesure portion de 15 g	
Calories 60	Daily Value* % valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 14 g	
Cholesterol / Cholestérol 0 mg	
Sodium 200 mg	9 %
Potassium 200 mg	4 %
Calcium 0 mg	0 %
Iron / Fer 0.1 mg	1 %
Magnesium / Magnésium 4 mg	1 %

*5 % or less is a little, 15 % or more is a lot
*5 % ou moins c'est peu, 15 % ou plus c'est beaucoup



Wheat Grass Energy Balls

Ingredients:

- 1 TSP of Prairie Naturals Fermented & Organic Wheat Grass Powder
- 1 TBS of Prairie Naturals Organic HempProtein Powder
- 1 TBS Cacao Powder
- 1 TBS Maple Syrup or Agave Syrup
- 1 TBS Nut Butter
- 4 Pitted Dates
- 1/4 Cup Chopped Almonds or Cashews
- Handful of Hemp Hearts

Directions:

- 1) Blend all ingredients into food processor until sticky texture is formed.
- 2) Scoop out a teaspoon at a time and roll into balls.
- 3) Roll in Hemp Hearts.
- 4) Place on baking sheet and place in freezer for 15-20 minutes.

VEGAN VANILLA FRAPPE

Ingredients:

- 1 Cup Organic Plant Mylk
- 1 Scoop Prairie Naturals Organic RiceProtein French Vanilla Powder
- ½ Cup Organic Espresso (chilled)
- 3 TBS Organic Maple Syrup
- 1-2 Cups Crushed Ice
- Sprinkle of Cinnamon (to taste)

Directions:

- 1) Put all ingredients in a blender.
- 2) Blend on high speed for 60 seconds until smooth and frothy.

AQUA GREENS PINA COLADA

Ingredients:

- 1 Cup Pineapple Juice
- ½ Cup Coconut Milk
- ¾ Cup Crushed Ice
- ½ TSP Prairie Naturals Organic Aqua Greens Powder
- 1 Scoop Prairie Naturals Organic WheyProtein French Vanilla Powder

Directions:

- 1) Put all ingredients in a blender.
- 2) Blend on medium-high speed for 60 seconds until smooth and frothy.

Vegan • Organic • Raw

Every body needs protein. Every day.
We satisfy your need for protein.
Organically. Deliciously. Conveniently.

Make Your Own Protein Smoothies

This is not your typical protein shake! This homemade berry protein smoothie is loaded with phytonutrients and antioxidants. It can be made with your choice of any Prairie Naturals Organic & Vegan Protein Powder.

Organic Berry Breakfast Smoothie

Ingredients:

- 1 scoop Prairie Naturals Organic & Vegan Protein Powder (your choice)
- 250 mL (1 Cup) Organic Apple Juice
- 125 mL (1/2 Cup) Organic Berries
- 1/2 Banana
- 125 mL (1/2 Cup) Ice, Crushed)

Directions:

- 1) Pour apple juice into blender. Add Prairie Naturals Organic & Vegan Protein Powder (your choice) and blend on medium speed until smooth.
- 2) Add berries, banana and crushed ice. Blend on high speed for another 60 seconds until light and frothy.
- 3) Pour into glass. Sip and enjoy.



Riceprotein



Available in:

360g Powder / 2 Flavours
(French Vanilla • Natural)

Hempprotein



Available in:

400g Powder / 3 Flavours
(Vanilla • Dark Organic Chocolate • Natural)

Wheyprotein



Available in:

300g Powder / 2 Flavours
(French Vanilla • Natural)

Bonebroth protein



Available in:

150g/300g Powder / 2 Flavours
(Beef • Chicken)