

For the *real* body builders*

The Clean Label Project Certified protein is designed for the new nutrient demands of moms body building.*



Supplement Facts

Serving Size: 5 tablespoons or 1/3 cup (about 30g)
Servings Per Container: 15

	Amount Per Serving	% DV for Pregnant/Lactating Women
Calories	120	
Total Fat	3 g	4%†
Saturated Fat	1 g	5%†
Total Carbohydrate	3 g	1%†
Dietary Fiber	2 g	7%†
Total Sugars	0 g	**
Protein	20 g	23%†
Choline (as Choline bitartrate ¹)	250 mg	45%
Calcium	120 mg	9%
Iron	3 mg	11%
Sodium	210 mg	9%
L-Methionine	400 mg	**

†Percent Daily Values are based on a 2,000-calorie diet.
**Daily Value (DV) not established.

Other Ingredients

Organic pea protein, natural flavor, xanthan gum, coconut medium-chain triglyceride (MCT) oil, sunflower lecithin rebaudioside-m, mixed tocopherols, organic monk fruit (luo han guo) extract.

Key Ingredients & Benefits

HIGHER NUTRIENT DEMANDS DURING PREGNANCY & LACTATION*

250mg of essential Choline & 20g of plant-based protein to help support the increased nutrient demands during pregnancy & lactation.*

BABY’S NEURODEVELOPMENT*

Provides an excellent source of Choline, which the American Academy of Pediatrics considers a key nutrient that supports the baby’s neurodevelopment during pregnancy.*

BONE HEALTH* Rich in protein to help support bone health.*

HELPS BUILD LEAN MUSCLE*

Protein helps stimulate muscle protein synthesis to help build lean muscle mass.*

ORGANIC PEA PROTEIN†

We work with PURIS to provide high-quality, plant-based pea protein derived from non-GMO, regeneratively-farmed yellow peas grown in North America.

†Essential Protein is not organic and includes a combination of organic & non-organic ingredients.

HANDCRAFTED VANILLA FLAVOR *with other natural flavors*

The delicious handcrafted flavor in Essential Protein includes a direct-from-farmer vanilla bean extract sustainably harvested in Madagascar.

A Science-Backed Approach

Women need more protein during pregnancy and lactation to help support the increased nutrient demands that occur during these life stages. Maternal protein synthesis increases throughout pregnancy, with the largest increase happening during the third trimester. Choline is an important nutrient from preconception to pregnancy and into lactation, but over 90% of women of reproductive age are not getting enough from their diet alone. Formulated with 250mg of choline & 20g of plant-based protein per serving, Essential Protein Pregnancy & Postpartum is designed to complement a well-balanced diet, ensuring mothers receive support for the increased nutrient demands of pregnancy and lactation.*

We’re Made Traceable®

100% of Ritual’s active and other ingredients are Made Traceable™, meaning we publicly share the supplier name and final place of manufacturing for our active and other ingredients. Because transparency is great, but traceability means more—it’s the very core of our commitment to quality, safety, and efficacy, and it’s how we empower women to make informed choices about what they put into their bodies.

Testing & Certifications

We go above and beyond when it comes to third-party testing to verify heavy metals, microbes, and major allergens because we believe you deserve to know what you’re putting in your body and why. That’s why we not only conduct our own testing but also achieved Clean Label Project Certification.

The Clean Label Project is considered one of the strictest for protecting consumers from harmful contaminants. It independently tests for 200+ environmental contaminants and harmful chemicals, such as heavy metals (such as lead and arsenic), pesticide residues, plasticizers, and antibiotic residues.

*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.