

Imagine an organic food with 30% daily value (DV) of protein, 32% DV of fiber, as well as magnesium, iron and zinc. It's all inside our 15G Hemp Protein, one of nature's perfect superfoods. It contains high-quality plant protein with the branched-chain amino acids that are vital for good health, and it's super easy to digest.

WHY HEMP PROTEIN IS IDEAL

Of the protein, 66% is edestin (a bioactive globulin protein that's easy to digest)—more than any other plant!

SUPERFOOD FACTS

One serving provides 15 grams of raw organic protein and 8 grams of fiber per serving (32% DV). Hemp contains all 9 essential amino acids, with the bonus of good-for-you essential fatty acids (2g per serving).

PEOPLE & PLANET

Certified organic hemp is the Earth's premier renewable resource! Unlike most non-organic soy proteins, our hemp protein is not processed with hexane, a harsh solvent. It's also vegan and comes in a non-BPA container.

RECIPE

Hemp Supreme Shake

1-2 Tbsp Nutiva Hempseed
1 oz water
3-4 Tbsp Nutiva Hemp Protein
8 oz rice milk or almond milk
1 Tbsp Nutiva Coconut Manna™
1 cup fresh or frozen fruit

Combine hempseed and water in a blender, process into a thick paste, and blend in remaining ingredients.

Also try our organic Hemp, Coconut and Red Palm Oils, Hempseed, Chia Seed and Coconut Manna. For delicious recipes, visit nutiva.com.

nutiva[®]
NURTURE VITALITY™

hemp protein

ORGANIC
SUPERFOOD

15G

*Just hemp
No additives*

*8g Fiber
15g Protein
per serving*



16 OZ (454g)

Nutrition Facts

Serving Size: 3 Tbsp (30g)
Servings Per Container: About 15

| Amount Per Serving | | Calories from Fat 25 | |
|------------------------------|---------------|----------------------|--|
| | | % Daily Value* | |
| Total Fat 3g | | 5% | |
| Saturated Fat 0g | | 0% | |
| Trans Fat 0g | | | |
| Polyunsaturated Fat 3g | | | |
| Monounsaturated Fat 0g | | | |
| Cholesterol 0mg | | 0% | |
| Sodium 0mg | | 0% | |
| Potassium 370mg | | 11% | |
| Total Carbohydrate 9g | | 3% | |
| Dietary Fiber 8g | | 32% | |
| Sugars 1g | | | |
| Protein 15g | | 30% | |
| Iron 40% | Magnesium 60% | | |
| Zinc 25% | | | |

Not a significant source of vitamin A, vitamin C, or calcium.

*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Potassium | Less than | 3500mg | 3500mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Protein | | 50g | 65g |

INGREDIENTS: ORGANIC HEMP PROTEIN
MADE WITHOUT HEXANE, DAIRY, LACTOSE
OR SWEETENERS.

Amino Acid Profile (Per Serving)

| | | | |
|---------------|-------|------------------------------|-------|
| Alanine | 0.5 g | • Methionine | 0.3 g |
| Arginine | 2.4 g | • Phenylalanine | 0.5 g |
| Aspartic Acid | 1.8 g | • Proline | 0.7 g |
| Cysteine | 0.3 g | • Serine | 0.8 g |
| Glutamic Acid | 2.8 g | • Threonine | 0.7 g |
| Glycine | 0.5 g | • Tryptophan | 0.1 g |
| • Histidine | 0.5 g | • Tyrosine | 0.4 g |
| • Isoleucine | 0.5 g | • Valine | 0.7 g |
| • Leucine | 0.8 g | • Essential Amino Acids | |
| • Lysine | 0.4 g | • Branched-chain Amino Acids | |

Vegan • Non-GMO
Non-BPA Container

DIRECTIONS

Blend 2-4 Tbsp Hemp Protein with 8 oz milk (almond milk is ideal) and a ripe banana, or try the recipe at right.

STORAGE

Keep container cool. Refrigerate after opening.

MANUFACTURED FOR

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CERTIFIED ORGANIC

by QAI and Ecocert ICO
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