nutiva®
NURTURE VITALITY™

Nutiva's Hemp Protein 15G is an excellent source of raw organic protein, with 30% daily value (DV) per serving. It contains the added benefit of 32% DV of fiber, as well as magnesium, iron and zinc. This high-quality organic superfood has the branched-chain amino acids that are vital for good health, and it is super easy to digest. Ideal for adding to smoothies or as a nutritional boost in baked goods.

Nutrition Facts

Serving Size: 3 Tbsp (30g)
Servings Per Container: About 45

Amount Per Serving	
Calories 90	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%
Magnesium 60%	**Iron** 40%
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 calories may be higher or lower, depending on your calorie needs.

INGREDIENTS: ORGANIC HEMP PROTEIN

MADE WITHOUT SOY, 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	

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Vegan
Non-GMO
No Hexane

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

STORAGE
Keep package cool. Refrigerate after opening.

MANUFACTURED FOR
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www.nutiva.com

Product of Canada

CERTIFIED ORGANIC
by QAI

CALIFORNIA PROP 65 WARNING: This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

BENEFITS OF HEMP PROTEIN 15G
Of the protein, 66% is edestin (a bioactive globulin protein that's easy to digest)—more than any other plant! 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).

WANT MORE FIBER?
Try our Hi-Fiber Hemp Protein containing 12 grams of fiber per serving.

RECIPES

Coconut Hemp Smoothie

1 cup coconut milk
3 Tbsp. Nutiva Hemp Protein 15G
1 tsp. Nutiva Chia Seeds
1 tsp. Nutiva Coconut Manna™
1 Tbsp. almond butter
1 frozen banana
1/3 cup spinach
1 Tbsp. honey

Combine all ingredients in a blender and blend until smooth.

Chocolate Banana Nut Smoothie

1 cup coconut milk
1 banana
3 Tbsp. Nutiva Hemp Protein 15g
2 tsp. cocoa powder
1-2 tsp. almond or cashew butter

Combine all ingredients in a blender and blend until smooth.

Also try our organic Chocolate and Vanilla Hemp Proteins, as well as our Hemp, Coconut and Red Palm Oils, Hempseed, Chia Seed and Coconut Manna™. **For delicious recipes, visit nutiva.com.**

1% OF SALES GO TO SUSTAINABLE AGRICULTURE $4 MILLION+

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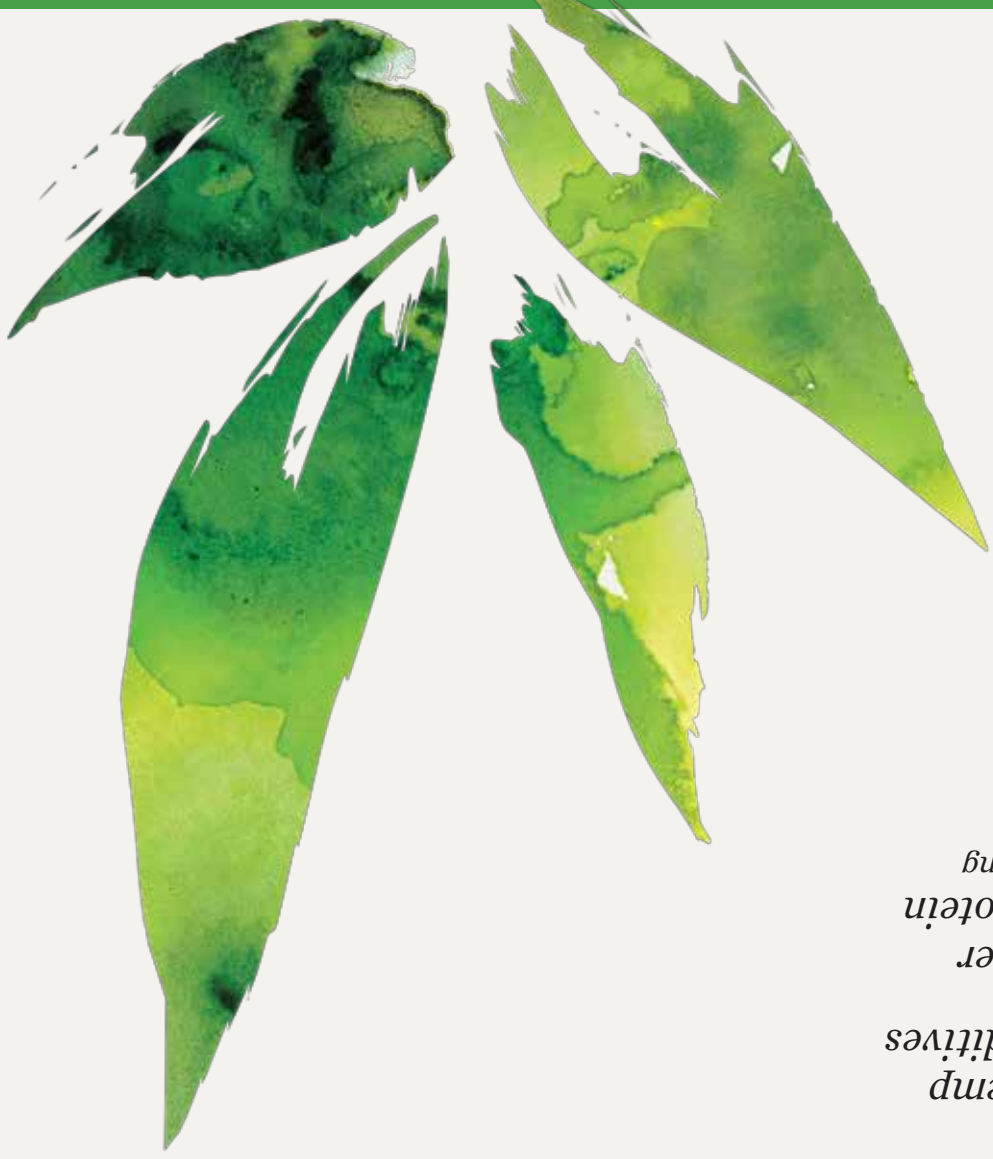
NET WT 3 LBS (1.36 kg) ®

We believe food can lead us to a better world.
We say super people deserve super foods.
Together we can revolutionize the way the world eats.



CERTIFIED VEGAN VEGAN.ORG

NON GMO Project VERIFIED nongmoproject.org

USDA ORGANIC

ORGANIC SUPERFOOD

Just hemp
No additives

8g Fiber
15g Protein
per serving

15G

hemp protein

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