# **30oz VALUE PACK**



Imagine an organic food with 22% daily value (DV) of protein, 48% DV of fiber, as well as magnesium, iron and zinc. It's all inside our Hi-Fiber Hemp Protein, one of nature's perfect superfoods. It contains high-quality plant protein with the branchedchain 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!

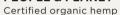
### SUPERFOOD FACTS

One serving provides 11 grams of raw organic protein and 12 grams of fiber per serving (48% DV). Hemp contains all 9 essential amino acids, with the bonus of good-for-you essential fatty acids (2g per serving).

### **PEOPLE & PLANET**

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 this enviro-pak to reduce packaging waste.

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.







### **Our ENVIRO-PAK**

Reduces waste and gives you nearly 2 times the hemp of our 16oz jar!

### **RECIPES**

### **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.

### Green Tea Protein Smoothie

1/2 cup coconut milk (unsweetened) 1/2 cup iced green tea 1 cup honeydew melon (cubed) 1/2 banana 3 tsp Nutiva Hemp Protein

Place all ingredients in a blender and blend until smooth. Enjoy!

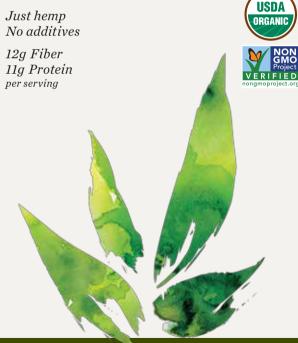




# hemp protein

**ORGANIC SUPERFOOD** 

## HI-FIBER



### **Nutrition Facts**

Serving Size: 3 Tbsp (30g) Servings Per Container: About 28

Amount Per Serving					
Calories 80 Calories from Fat 35					
	% Daily Value*				
Total Fat 4g 6%					
Saturated Fat 0g	0%				
Trans Fat 0g					
Polyunsaturated	Fat 3g				
Monounsaturate	d Fat 0g				
Cholesterol 0mg 0%					
Sodium 0mg 0%					
Potassium 240mg	7%				

Dietary Fiber 12g Sugars 1g Protein 11g 22%

Iron 25% Magnesium 35% Zinc 15% Not a significant source of vitamin A,

Total Carbohydrate 12g

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 calone 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 Dietary Fiber		300g	375g			
			25g	30g			
	Protein		50g	65g			

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

Amino Acid Profile (Per Serving)								
Alanine	0.4 g	<ul> <li>Methionine</li> </ul>	0.2 g					
Arginine	1.8 g	<ul> <li>Phenylalanine</li> </ul>	0.4 g					
Aspartic Acid	1.3 g	Proline	0.5 g					
Cysteine	0.2 g	Serine	0.6 g					
Glutamic Acid	2.1 g	<ul> <li>Threonine</li> </ul>	0.5 g					
Glycine	0.4 g	<ul> <li>Tryptophan</li> </ul>	0.1 g					
<ul> <li>Histidine</li> </ul>	0.4 g	Tyrosine	0.3 g					
<ul> <li>Isoleucine</li> </ul>	0.4 g	<ul><li>Valine</li></ul>	0.5 g					
•• Leucine	0.6 g	Essential Amino Acids						
Lysine	0.3 g	*Branched-chain Amino Acids						

### Vegan • Non-GMO Non-BPA Container 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 on the side panel.

### WANT MORE PROTEIN?

Try our great tasting Hemp Protein 15G containing 15 grams of protein per serving.

#### STORAGE

Keep container cool. Refrigerate after opening.

#### MANUFACTURED FOR

Nutiva® 213 W. Cutting Blvd. Richmond, CA 94804 (800) 993-4367 www.nutiva.com

### CERTIFIED ORGANIC

by QAI and Ecocert ICO (US-ORG-016)

**Product of Canada** 









