

hemp protein

**ORGANIC
SUPERFOOD**

HI-FIBER

*Just hemp
No additives*

*12g Fiber
11g Protein
per serving*



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.



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

Amino Acid Profile (Per Serving)

| | |
|--------------------------|------|
| Alanine | 0.2g |
| Arginine | 0.4g |
| Aspartic Acid | 0.5g |
| Cysteine | 0.6g |
| Glutamic Acid | 0.6g |
| Glycine | 0.5g |
| Histidine | 0.1g |
| Isoleucine | 0.4g |
| Lysine | 0.4g |
| Methionine | 0.4g |
| Phenylalanine | 0.4g |
| Proline | 1.5g |
| Serine | 0.2g |
| Threonine | 0.5g |
| Tyrosine | 0.4g |
| Valine | 0.4g |
| Essential Amino Acids | 0.6g |
| Branch-chain Amino Acids | 0.3g |
| Lysine | 0.3g |

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

Nutrition Facts

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

| | |
|------------------------|----------------------|
| Amount Per Serving | |
| Calories 80 | Calories from Fat 35 |
| % Daily Value* | |
| Total Fat 4g | 6% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | 0% |
| Polysaturated Fat 3g | |
| Monounsaturated Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Potassium 240mg | 7% |
| Total Carbohydrate 12g | 4% |
| Dietary Fiber 12g | 48% |
| Sugars 1g | |
| Protein 11g | 22% |
| Iron 25% | Magnesium 35% |
| Zinc 15% | |

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

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

CERTIFIED ORGANIC
by QAI and ECOCERT ICO
(US-ORG-016)
Product of Canada
www.nutiva.com
(800) 993-4367
Richmond, CA 94804
213 W. Cutting Blvd.
Nutiva®
MANUFACTURED FOR
Refrigerate after opening.
Keep package cool.
STORAGE
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.



WHY HI-FIBER HEMP PROTEIN IS IDEAL
Of the protein, 66% is edestin (a bioactive globulin protein that's easy to digest)—more than any other plant! 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).
WANT MORE PROTEIN?
Try our great tasting Hemp Protein 15g containing 15 grams of protein per serving.

RECIPES

Hemp Supreme Shake
1-2 Tbsp. Nutiva Hempseed
1/2 cup coconut milk
1/2 cup water
3-4 Tbsp. Nutiva Hemp Protein
8 oz. rice milk or almond milk
1 cup honeydew melon (cubed)
1 Tbsp. Nutiva Coconut Manna™
1/2 banana
3 tsp. Nutiva Hemp Protein
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
1/2 cupiced green tea (unsweetened)
3-4 Tbsp. Nutiva Hemp Protein
1 cup fresh or frozen fruit
3 tsp. Nutiva Hemp Protein
Place all ingredients in a blender and blend until smooth. Enjoy!

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.

Nutiva's Hi-Fiber Hemp Protein is the perfect raw organic superfood for those looking to add both fiber and protein to their diet. It contains 22% daily value (DV) of protein and 48% DV of fiber per serving, as well as magnesium, iron and zinc. This high-quality plant protein 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.