

12oz

nutiva[®]
NURTURE VITALITY™

hempseed

**ORGANIC
SUPERFOOD**

RAW SHELLLED

*Delicious nutty
flavor for your
favorite recipes*

*10g Protein
3g Omega-3
per serving*



12 OZ (340g) ©

Revolutionizing the way the world eats



nutiva[®]
NURTURE VITALITY™

Our organic shelled hempseed contains 33% protein by weight along with Omega-3s and minerals. With a delicious, nutty flavor that's similar to pine nuts, it's perfect for salads, smoothies, sprinkled on your favorite foods or even enjoyed straight out of the bag.

Nutrition Facts

Serving Size: 3 Tbsp (30g)
Servings Per Container: About 11

Amount Per Serving

Calories 170 Calories from Fat 130

% Daily Value*

Total Fat 14g 22%

Saturated Fat 1g 5%

Trans Fat 0g

Polyunsaturated Fat 11g

Monounsaturated Fat 2g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 2g <1%

Dietary Fiber 1g 4%

Sugars <1g

Protein 10g 20%

Iron 15% Phosphorus 50%

Magnesium 50% 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:

| | | 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 |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Protein | | 50g | 65g |

INGREDIENTS: RAW, ORGANIC SHELLLED HEMPSEEDS

**Vegan
Non-GMO**

QUICK TIP

Add hempseed to smoothies, cereal, omelets, yogurt, soups, salads and veggies. Consider lightly pan-toasting the seeds—but not above 325°F, to conserve the EFAs.

STORAGE

Refrigerate after opening; use within twelve weeks.

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

OMEGAS PER 3 TBSP

7.5g Omega-6 LA
3.0g Omega-3 ALA
0.6g Super Omega-6 GLA
0.3g Super Omega-3 SDA

RECIPE

Hemp Banana Shake

2 Tbsp Nutiva Hempseed
2 Tbsp Nutiva Hemp Protein 15G
1 banana
A dash of vanilla
1 cup water or almond milk

Blend hempseed and 1-2 oz of water into a thick cream. Add the remaining ingredients to the blender, mix well and enjoy.

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



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Corporation



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