

8oz

nutiva[®]
NURTURE VITALITY™

hempseed

**ORGANIC
SUPERFOOD**

RAW SHELLLED

*Delicious nutty
flavor for your
favorite recipes*

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



8 OZ (227g) ©

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 8

Amount Per Serving		% Daily Value*	
Calories	170	Calories from Fat	130
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:

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

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**Vegan
Non-GMO**

QUICK TIP

Add to smoothies, cereal, omelets, yogurt, soups, salads and veggies. Consider lightly toasting hempseeds for a nuttier, toasted flavor—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.

**1% OF SALES GO TO
SUSTAINABLE
AGRICULTURE
\$3 MILLION+**

Certified



Corporation



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