

**Nutiva® Chocolate Hemp Protein** is an energy-packed addition to shakes and smoothies—the perfect meal replacement or snack. Each serving is full of organic raw protein, phytonutrients and fiber, and contains 0g trans fat, and no dairy or lactose.

**nutiva®**  
NURTURE VITALITY™

# hemp protein

**ORGANIC SUPERFOOD**

**CHOCOLATE**

*Delicious Shake Mix*

*5g Fiber  
10g Protein  
per serving*



**HEMP YOURSELF**

Hemp is a high-quality plant protein with essential amino acids that are vital for good health. Of the protein, 66% is edestin (a bioactive globulin protein that's easy to digest)—more than any other plant!

**SUPERFOOD FACTS**

A single serving of this organic hemp protein has 10 grams of raw protein, 20% of the daily value of fiber and the bonus of good-for-you essential fatty acids (2g per serving). Add 3 Tbsp of Nutiva Hempseed for 10 more grams of protein and 3 more grams of Omega-3.

**PEOPLE & PLANET**

Certified organic hemp 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 a non-BPA container.

**RECIPE**

**Chocolate Dream Shake**

- 1-2 Tbsp Nutiva Hempseed
- 1 oz water
- 3-4 Tbsp Nutiva Chocolate 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 the remaining ingredients.

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



16 OZ (454g) ©

**Nutrition Facts**

Serving Size: 3 Tbsp (30g)  
Servings Per Container: About 15

Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 25
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	<b>0%</b>
Sodium 10mg	<b>&lt;1%</b>
Potassium 410mg	<b>12%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 7g	
<b>Protein</b> 10g	<b>20%</b>
Magnesium 40%	Iron 30%
Zinc 15%	

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
Potassium	Less than 3500mg	3500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

**INGREDIENTS:** ORGANIC HEMP PROTEIN, ORGANIC COCONUT SUGAR, ORGANIC COCOA POWDER, ORGANIC CHOCOLATE FLAVOR, ORGANIC INULIN (SUNCHOK), ORGANIC TAPIOCA, ORGANIC STEVIA

MADE WITHOUT HEXANE, DAIRY OR LACTOSE.

**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 recipe at right.

**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®  
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**CERTIFIED ORGANIC**

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

**Product of Canada**

**Certified**



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