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 goodfor-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.

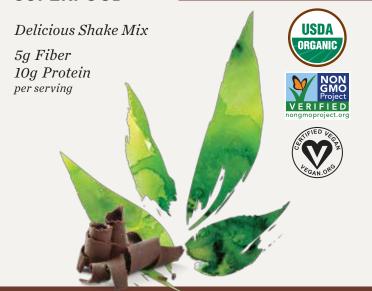




hemp protein

ORGANICSUPERFOOD

CHOCOLATE



Nutrition Facts

Calories from Fat 25

Serving Size: 3 Tbsp (30g)

Calories 120

Zinc 15%

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Amount Per Serving					

	% Daily Value
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat	
Monounsaturated Fa	t 0g
Cholesterol 0mg	0%
Sodium 10mg	<1%
Potassium 410mg	12%
Total Carbohydrate 14	g 5 %
Dietary Fiber 5g	20%
Sugars 7g	

 Protein 10g
 20%
 Refrige

 Magnesium 40%
 Iron 30%
 MANUE

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 (SUNCHOKE), 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

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CERTIFIED ORGANIC

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

Product of Canada

Certified





