

nutiva[®]
NURTURE VITALITY™

Imagine an organic food with 22% daily value (DV) of protein, 48% DV of fiber, as well as magnesium, iron and zinc. It's all inside our Hi-Fiber Hemp Protein, one of nature's perfect superfoods. It contains high-quality plant protein with the branched-chain amino acids that are vital for good health, and it's super easy to digest.

WHY HEMP PROTEIN IS IDEAL

Of the protein, 66% is edestin (a bioactive globulin protein that's easy to digest)—more than any other plant!

SUPERFOOD FACTS

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).

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 this enviro-pak to reduce packaging waste.

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.

Our ENVIRO-PAK
Reduces waste and gives you nearly 2 times the hemp of our 16oz jar!

RECIPES

Hemp Supreme Shake

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

Green Tea Protein Smoothie

- 1/2 cup coconut milk (unsweetened)
- 1/2 cup iced green tea
- 1 cup honeydew melon (cubed)
- 1/2 banana
- 3 tsp Nutiva Hemp Protein

Place all ingredients in a blender and blend until smooth. Enjoy!

30oz VALUE PACK

nutiva[®]
NURTURE VITALITY™

VALUE PACK
30oz

hemp protein

ORGANIC SUPERFOOD

HI-FIBER

*Just hemp
No additives*

*12g Fiber
11g Protein
per serving*



30 OZ (851g) ©

Nutrition Facts

Serving Size: 3 Tbsp (30g)
Servings Per Container: About 28

Amount Per Serving	Calories from Fat 35
% Daily Value*	
Calories 80	
Total Fat 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated 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%	

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
MADE WITHOUT DAIRY, LACTOSE OR SWEETENERS.

Amino Acid Profile (Per Serving)

Alanine	0.4 g	• Methionine	0.2 g
Arginine	1.8 g	• Phenylalanine	0.4 g
Aspartic Acid	1.3 g	• Proline	0.5 g
Cysteine	0.2 g	• Serine	0.6 g
Glutamic Acid	2.1 g	• Threonine	0.5 g
Glycine	0.4 g	• Tryptophan	0.1 g
• Histidine	0.4 g	• Tyrosine	0.3 g
• Isoleucine	0.4 g	• Valine	0.5 g
• Leucine	0.6 g	• Essential Amino Acids	
• Lysine	0.3 g	• Branched-chain Amino Acids	

**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 recipes on the side panel.

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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www.nutiva.com

CERTIFIED ORGANIC
by QAI and Ecocert ICO
(US-ORG-016)

Product of Canada

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

