

NEW LOOK
SAME PRODUCT

nutiva[®]
NOURISHING PEOPLE & PLANET

hempseed

**ORGANIC
SUPERFOOD**

RAW SHELLLED

*Delicious nutty
flavor for your
favorite recipes*

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

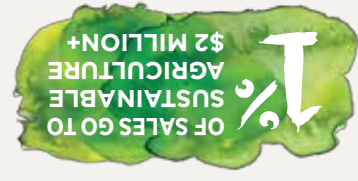


NET WT 3 LBS (1.36 kg) ©

We believe food can lead us to a better world.
We say super people deserve super foods.
Together we can revolutionize the way the world eats.



Product of Canada
CERTIFIED ORGANIC
by QAI and Ecocert
ICO (US-ORG-016)
www.nutiva.com
(800) 993-4367



QUICK TIP
Add hempseed to smoothies, cereal, omelets, yogurt, soups, salads and 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

HEMPSEEDS
INGREDIENTS: RAW, ORGANIC SHELLLED

Total Fat	14g	22%
Saturated Fat	1g	5%
Trans Fat	0g	
Polysaturated Fat	11g	
Monosaturated Fat	2g	
Total Carbohydrate	2g	<1%
Dietary Fiber	1g	4%
Sugars	<1g	
Protein	10g	20%
Iron	15%	
Phosphorus	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
Less than	66g	80g
Sat Fat	20g	25g
Cholesterol	300mg	300mg
Less than	20g	25g
Sodium	2400mg	2400mg
Less than	300g	375g
Total Carbohydrate	25g	30g
Dietary Fiber	5g	65g
Protein	50g	65g

Amount Per Serving
Calories 170 Calories from Fat 130
Serving Size: 3 Tbsp (30g)
Servings Per Container: About 45

Nutrition Facts
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Our organic shelled hempseed contains 35% 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.

Basil Hempseed Pesto
2 cups parmesan or romano cheese, grated
2 cups basil (fresh, tightly packed)
1/2 cup Nutiva Hempseed
4 Tbsp. Nutiva Hemp Oil
4 cloves garlic
1/2 Tbsp. sea salt
Combine all of the ingredients in a food processor and blend. Taste and adjust the seasonings if desired.

Hemp Banana Shake
2 Tbsp. Nutiva Hempseed
2 Tbsp. Nutiva Hemp Protein
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.

RECIPES

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

OMEGAS PER 3 TBSP

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