

Nutiva® Vanilla 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.

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 protein found in no other plant that's super easy to digest.

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.

RECIPES

Tropical Dream Shake

- 1-2 Tbsp Nutiva Hempseed
- 1 oz water
- 3-4 Tbsp Nutiva Vanilla Hemp Protein
- 8 oz rice milk or almond milk
- 1 Tbsp Nutiva Coconut Manna™
- 1 cup fresh or frozen pineapple

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.**



nutiva[®]
NURTURE VITALITY™

hemp protein

ORGANIC
SUPERFOOD

VANILLA

Delicious Shake Mix

*5g Fiber
10g Protein
per serving*



16 OZ (454g) ©

Nutrition Facts

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

Amount Per Serving		% Daily Value*	
Calories 120	Calories from Fat 15		
		Total Fat 2g	
			3%
		Saturated Fat 0g	
			0%
		Trans Fat 0g	
		Polyunsaturated Fat 1.5g	
		Monounsaturated Fat 0g	
		Cholesterol 0mg	
			0%
		Sodium 10mg	
			<1%
		Potassium 330mg	
			9%
		Total Carbohydrate 14g	
			5%
		Dietary Fiber 5g	
			20%
		Sugars 9g	
		Protein 10g	
			20%
		Magnesium 40%	Iron 25%
		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 TAPIOCA, ORGANIC INULIN (SUNCHOKE), ORGANIC VANILLA FLAVOR, ORGANIC STEVIA

MADE WITHOUT HEXANE, DAIRY OR LACTOSE.

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**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



Corporation



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