

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 a non-BPA container.

#### 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.

Also try our organic Hemp, Coconut and Red Palm Oils, Hempseed, Chia Seed and Coconut Manna. For delicious recipes, visit [nutiva.com](http://nutiva.com).



**nutiva**<sup>®</sup>  
NURTURE VITALITY™

# hemp protein

ORGANIC SUPERFOOD

HI-FIBER

*Just hemp  
No additives*

*12g Fiber  
11g Protein  
per serving*



16 OZ (454g) ©

## Nutrition Facts

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

Amount Per Serving			
Calories 80	Calories from Fat 35	% Daily Value*	
<b>Total Fat</b> 4g		6%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Polyunsaturated Fat 3g			
Monounsaturated Fat 0g			
<b>Cholesterol</b> 0mg		0%	
<b>Sodium</b> 0mg		0%	
<b>Potassium</b> 240mg		7%	
<b>Total Carbohydrate</b> 12g		4%	
Dietary Fiber 12g		48%	
Sugars 1g			
<b>Protein</b> 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 HEXANE, 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	

100055-003

**Vegan • Non-GMO  
Non-BPA Container**

#### 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



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