

SPRINKLE



sprinkle on your yogurt, oatmeal etc.

BLEND



blend into smoothie for added protein

ADD



add into your baked goods

STRAIGHT UP



eat straight out of the bag

Nutrition Facts

11 servings per container
Serving size 3 Tbsp (30g)

Amount Per Serving
Calories 170

	% Daily Value*
Total Fat 15g	19%
Saturated Fat 1.38g	7%
Trans Fat 0g	
Polyunsaturated Fat 11.43g	
Monounsaturated Fat 1.62g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars < 1g	
Includes 0g Added Sugars	0%
Protein 10g	20%
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 2.38mg	15%
Potassium 360mg	8%
Vitamin E 0.24mg	2%
Thiamin 0.383mg	30%
Riboflavin 0.085mg	6%
Niacin 2.76mg	15%
Vitamin B6 0.18mg	10%
Folate 33mcg	8%
Phosphorus 495mg	40%
Magnesium 210mg	50%
Zinc 2.97mg	25%
Copper 0.48mg	50%
Manganese 2.28mg	100%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

our hemp hearts are always zero net carb, high in protein, nutrient dense and optimally balanced, boasting a 3:1 ratio of Omega 6 to Omega 3 fatty acids, all nine essential amino acids, antioxidants and other vitamins and minerals, including iron.

FLAVOR PROFILE:

subtle earthy profile with a pleasant "nutty" taste and soft chewy texture

Product of USA

nature's
superfood

keep me fresh longer,
store me in the refrigerator

WWW.HUMMINGHEMP.COM

PO Box 487
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LOT/BATCH:

BEST BY:

INGREDIENTS: RAW SHELLLED HEMP SEEDS

One serving contains 2700 mg of Omega-3 & 7000 mg of Omega-6 fatty acids