

Organic
HEMP
Protein

HIGH FIBRE • VEGAN • SODIUM FREE

Hemp is a complete balanced whole food source of protein, fibre and essential healthy fats. Our 100% certified organic protein is easily digested, vegan and is the best plant source of protein, containing both edestin and albumin proteins, the type our bodies absorb best!

Now available in 2 sizes! Our new resealable, stand-up bag for added freshness and our larger, 908 g bottle are both available for added convenience.



Use in smoothies, add to oatmeal or boost the nutrition in baking & other healthy recipes!

- Increased energy and productivity
- Improved metabolism
- Reduced cravings
- Can help reduce high cholesterol and blood pressure
- Speeds recovery from disease
- Improves immune system
- Rich in fibre and essential fatty acids
- Whole food, raw & non-GMO

SUGGESTED USE: Mix, shake or blend 2 tbsp. with 120-240 mL of water, juice or your preferred beverage.

INGREDIENTS: 100% Canadian Organic Hemp Protein.

Creamy Strawberry Smoothie

- | | |
|------------------------------|--------------------------|
| 1 c. almond milk | 1/2 c. coconut milk |
| 1 frozen banana | 1 c. frozen strawberries |
| 2 tbsp. organic hemp protein | 2 tbsp. maple syrup |

Blend all ingredients on high until smooth.

Nutrition Facts	
Per 2 tbsp (30 g)	
Amount	% Daily Value
Calories 110 (460 kJ)	
Fat 2.5 g	4 %
Saturated 0.2 g + Trans 0 g	1 %
Polyunsaturated 1.9 g Omega-3 0.4 g Omega-6 1.5 g	
Monounsaturated 0.4 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 390 mg	11 %
Carbohydrate 9 g	3 %
Fibre 8 g	32 %
Sugars 0 g	
Protein 15 g	
Vit A 0 %	Vit C 0 %
Calcium 6 %	Iron 25 %