

Nutrition Facts

Serving Size: 3 Tbsp (30g)

Servings Per Container: About 15

Amount Per Serving

Calories 90 **Calories from Fat 25**

% Daily Value^a

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 3g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Potassium 370mg **11%**

Total Carbohydrate 9g **3%**

Dietary Fiber 8g **32%**

Sugars 1g

Protein 15g **30%**

Iron 40% **Magnesium 60%**

Zinc 25%

Not a significant source of vitamin A,
vitamin C, or calcium.

^aPercent 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	0.5 g	• Methionine	0.3 g
Arginine	2.4 g	• Phenylalanine	0.5 g
Aspartic Acid	1.8 g	Proline	0.7 g
Cysteine	0.3 g	Serine	0.8 g
Glutamic Acid	2.8 g	• Threonine	0.7 g
Glycine	0.5 g	• Tryptophan	0.1 g
• Histidine	0.5 g	Tyrosine	0.4 g
• Isoleucine	0.5 g	• Valine	0.7 g
• Leucine	0.8 g	• Essential Amino Acids	
• Lysine	0.4 g	• Branched-chain Amino Acids	