

Nutrition Facts

Serving Size: 3 Tbsp (30g)

Servings Per Container: About 15

Amount Per Serving

Calories 80 **Calories from Fat 35**

% Daily Value*

Total Fat 4g	6%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 240mg	7%
Total Carbohydrate 12g	4%
Dietary Fiber 12g	48%
Sugars 1g	
Protein 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	• <i>Essential Amino Acids</i>	
• Lysine	0.3 g	• <i>Branched-chain Amino Acids</i>	