

Blend in your favorite
smoothie recipe!



Mango Tango Raspberry Smoothie

Serves 2-3

- 1 cup frozen mango
- 1 cup frozen raspberries
- 1 serving of Manitoba Harvest Hemp Pro 50*
- 1 cup of orange juice

Combine and blend ingredients in blender. Serve. Enjoy!

..... Can also be stirred into
YOGURT or HOT CEREAL
and is great for baking.

For more recipes and info, go to manitobaharvest.com

Established in 1998, Manitoba Harvest® is the world's largest hemp food manufacturer to grow, make and sell its own line of hemp foods. As your hemp protein specialists, we are proud to offer a full line of delicious, convenient and easily digestible hemp protein powders. Packed with nutrients, each of our protein powders is rich in omegas and high in protein. Try one today!

REFRIGERATE AFTER OPENING

15 g PROTEIN* • 2.5 g OMEGA-3 & 6* • 7 g FIBER*

*per 30 g serving



HEMP PRO50

PLANT BASED PROTEIN SUPPLEMENT

NET WT. 1LB (454g)

15 SERVINGS

Supplement Facts

Serving Size 4 tablespoons (30g)
Servings Per Container about 15

Amount Per Serving

Calories 120 Calories from Fat 30

% Daily Value*

Total Fat 3.5 g 5%

Saturated Fat 0 g 0%

Trans Fat 0 g †

Cholesterol 0 g 0%

Sodium 0 mg 0%

Total Carbohydrate 8 g 3%

Dietary Fiber 7 g 28%

Sugars 1 g †

Protein 15 g

Vitamin A 0% Vitamin C 0%

Calcium 6% Iron 35%

Omega-3 (alpha-linolenic acid ALA) 500 mg †

Omega-6 (linolenic acid LA) 2000 mg †

Omega-9 (oleic acid OA) 350 mg †

* Percent Daily Values (DV) are based on a 2,000 calorie diet
† Daily Value not established

Typical Amino Acid Profile

mg per serving

Aspartic Acid	1380 mg
Threonine	468 mg
Serine	651 mg
Glutamic Acid	2290 mg
Proline	516 mg
Glycine	591 mg
Alanine	588 mg
Valine	657 mg
Isoleucine	558 mg
Leucine	876 mg
Tyrosine	471 mg
Phenylalanine	609 mg
Lysine	501 mg
Histidine	366 mg
Arginine	1700 mg
Cystine	191 mg
Methionine	309 mg



INGREDIENTS: RAW COLD MILLED
HEMP PROTEIN POWDER

MANUFACTURED BY:
MANITOBA HARVEST HEMP FOODS
WINNIPEG, MANITOBA, CANADA, R2R 1V4
1-800-665-HEMP(4367)
PRODUCT OF CANADA

MANITOBAHARVEST.COM



Packaged On:

Freshest Before:

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