



Blend in your favorite
smoothie recipe!



Supplement Facts

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

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

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

Typical Amino Acid Profile

mg per serving

Aspartic Acid	1380 mg
Threonine	465 mg
Serine	651 mg
Glutamic Acid	2290 mg
Proline	510 mg
Glycine	591 mg
Alanine	586 mg
Valine	857 mg
Isoleucine	558 mg
Leucine	876 mg
Tyrosine	471 mg
Phenylalanine	600 mg
Lysine	501 mg
Histidine	366 mg
Arginine	1700 mg
Cystine	191 mg
Methionine	309 mg



REFRIGERATE
AFTER OPENING



Packaged On:

Freshest Before:

12.17.2012 USA

MANITOBAHARVEST.COM



30 SERVINGS

NET WT. 2LBS (908g)

HEMP PRO 50[®]
PLANT BASED PROTEIN SUPPLEMENT



15 g PROTEIN* • 2.5 g OMEGA-3 & 6* • 7 g FIBER*
per 30 g serving