

Blend in your favorite
smoothie recipe!



Chocolaty Blueberry Smoothie

Serves 2

- 1 serving of Manitoba Harvest Organic Dark Chocolate Hemp Protein Powder
- 1 1/2 cups frozen organic blueberries
- 1 cup of your favorite organic chocolate non-dairy beverage

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

8 g PROTEIN* • 1.4 g OMEGA-3 & 6* • 10 g FIBER*

*per 30g serving



..... ORGANIC

HEMP PROTEIN

PLANT BASED PROTEIN SUPPLEMENT

Dark
Chocolate



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 25

% Daily Value*

Total Fat 2.5 g 4%

Saturated Fat 0.5 g 3%

Trans Fat 0 g †

Cholesterol 0 mg 0%

Sodium 0 mg 0%

Total Carbohydrate 17 g 6%

Dietary Fiber 10 g 40%

Sugars 6 g †

Protein 8 g

Vitamin A <1% Vitamin C 0%

Calcium 5% Iron 25%

Omega-3 (alpha-linolenic acid ALA) 300 mg †

Omega-6 (linolenic acid LA) 1100 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	723 mg
Threonine	251 mg
Serine	327 mg
Glutamic Acid	1190 mg
Proline	286 mg
Glycine	315 mg
Alanine	312 mg
Valine	342 mg
Isoleucine	278 mg
Leucine	465 mg
Tyrosine	251 mg
Phenylalanine	303 mg
Lysine	239 mg
Histidine	169 mg
Arginine	801 mg
Cysteine	109 mg
Methionine	139 mg



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INGREDIENTS: RAW COLD MILLED ORGANIC HEMP PROTEIN POWDER, ORGANIC PALM SUGAR, ORGANIC FAIR TRADE COCOA POWDER

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

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Packaged On:

Freshest Before: