

Blend in your favorite  
smoothie recipe!



## Tropical Paradise Smoothie

Serves 4

- 1 1/2 cups of fresh organic pineapple
- 1 serving of Manitoba Harvest Organic Hemp Pro Fiber\*
- 1 cup of organic coconut milk
- 1 cup of your favorite organic vanilla non-dairy beverage
- 1 cup of ice

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](http://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

11 g PROTEIN\* • 2.7 g OMEGA-3 & 6\* • 13 g FIBER\*

\*per 30 g serving



..... ORGANIC .....  
**HEMP**  
**PRO FIBER.**

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 130      Calories from Fat 35

% Daily Value\*

Total Fat 4 g      6%

Saturated Fat 0.5 g      2.5%

Trans Fat 0 g      †

Cholesterol 0 mg      0%

Sodium 0 mg      0%

Total Carbohydrate 14 g      5%

Dietary Fiber 13 g      52%

Sugars 1 g      †

Protein 11 g

Vitamin A 10%

Vitamin C 0%

Calcium 4%

Iron 35%

Omega-3 (alpha-linolenic acid ALA) 600 mg      †

Omega-6 (linolenic acid LA) 2100 mg      †

Omega-9 (oleic acid OA) 300 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 | 969 mg  |
| Threonine     | 333 mg  |
| Serine        | 450 mg  |
| Glutamic Acid | 1550 mg |
| Proline       | 375 mg  |
| Glycine       | 414 mg  |
| Alanine       | 411 mg  |
| Valine        | 462 mg  |
| Isoleucine    | 381 mg  |
| Leucine       | 621 mg  |
| Tyrosine      | 315 mg  |
| Phenylalanine | 447 mg  |
| Lysine        | 321 mg  |
| Histidine     | 228 mg  |
| Arginine      | 1180 mg |
| Cystine       | 122 mg  |
| Methionine    | 201 mg  |



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INGREDIENTS: RAW COLD MILLED  
ORGANIC HEMP PROTEIN 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

MANITOBABARVEST.COM



Packaged On:

Freshest Before: