

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

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. 5LB (2.27Kg)

75 SERVINGS

Supplement Facts

Serving Size 4 tablespoons (30g)
Servings Per Container about 75

Amount Per Serving

Calories 130 Calories from Fat 35

% Daily Value*

Total Fat 4 g 8%

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	1650 mg
Proline	375 mg
Glycine	414 mg
Alanine	411 mg
Valine	452 mg
Isoleucine	381 mg
Leucine	621 mg
Tyrosine	315 mg
Phenylalanine	447 mg
Lysine	321 mg
Histidine	328 mg
Arginine	1190 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
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Packaged On:

Freshest Before: