



Blend in your favorite
smoothie recipe!



Supplement Facts

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

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 30%	
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

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

Typical Amino Acid Profile

mg per serving	
Aspartic Acid	988 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	1190 mg
Cysteine	122 mg
Methionine	201 mg



REFRIGERATE
AFTER OPENING



Packaged Dec:

Freshest Before:

12.17.2012 USA

MANITOBABARVEST.COM



30 SERVINGS

NET WT. 2LBS (908g)



PLANT BASED PROTEIN SUPPLEMENT

HEMP PRO FIBER[®]
..... ORGANIC



11 g PROTEIN • 2.7 g OMEGA-3 & 6 • 13 g FIBER[†]

[†]per 30 g serving