

Recommendation: Add 4 tablespoons to a favorite juice, smoothie or other beverage. Can be sprinkled on cereals and yogurt, or added to a favorite muffin recipe. **Keep tightly sealed. Refrigerate after opening.**

Nature's Way® EFAGold® is the highest quality hemp seed powder, and one of nature's richest sources of protein, fiber & essential fatty acids.

13 g Fiber / 11 g Protein

(including 18 amino acids) per serving.

Delicious taste.

Quality control from soil to oil.

Our involvement begins in the fields and continues through harvesting, seed selection, milling and purity testing.

Cold Milled & Unrefined.

No chemical solvents, sugars, starch, artificial colors, flavors or preservatives. May contain traces of wheat.

Satisfaction Guaranteed. Packaged in light protective bottles. Safety sealed with tamper evident cap. Do not use if tamper evident seal is broken or missing. **Keep out of reach of children.**



PLEASE
RECYCLE THIS
CONTAINER

**Non-
GMO
Seeds**



EfaGold®

Hemp

Protein & Fiber

COLD MILLED POWDER



ORGANIC

13g Fiber, 11g Protein

(Per Serving)

Full Amino Acid Profile

DIETARY SUPPLEMENT NET WT. 16 OZ. (454 g)

Supplement Facts

Serving Size 4 Tablespoons (30 g)
Servings Per Container 15

Amount Per Serving	% Daily Value
Calories	130
Calories from Fat	25
Total Fat	4 g 6%†
Saturated Fat	0.5 g 3%†
Total Carbohydrate	14 g 4%†
Dietary Fiber	13 g 52%†
Soluble Fiber	1 g **
Insoluble Fiber	12 g **
Protein	11 g 22%†
Calcium	40 mg 4%
Iron	5 mg 28%
Magnesium	150 mg 38%
Essential Fatty Acids	2 g (2,000 mg) **
Omega-6 Fatty Acids	1.3 g (1,300 mg) **
Omega-3 Fatty Acids	414 mg **
Omega-9 Fatty Acids	270 mg **

†Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Ingredients: Organic Hemp Powder (seed)

Typical Amino Acid Content Per Serving

Amino Acids	11 g (10,980 mg)
Glutamic Acid	2 g (1,951 mg)
Arginine	1.3 g (1,390 mg)
Aspartic Acid	1.1 g (1,153 mg)
Leucine	771 mg
Serine	570 mg
Valine	567 mg
Phenylalanine	514 mg
Glycine	508 mg
Alanine	503 mg
Proline	494 mg
Isoleucine	458 mg
Lysine	452 mg
Threonine	388 mg
Tyrosine	360 mg
Histidine	318 mg
Methionine	257 mg
Cystine	190 mg
Tryptophan	137 mg

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Questions? 1-800-9NATURE or www.naturesway.com