

Ingredients

GMO-free Certified Organic. Hemp Gold™ Protein Powder.
Store in a cool dry place.

BALANCED NUTRITION

Hemp Gold™ protein contains all Essential Amino Acids, and what's more, hemp protein is a good source of iron and zinc, which is necessary for normal immune system function and is a natural source of Magnesium and Essential Omega 3 & 6. It is derived from organic hulled hemp seeds which produces a finer powder, with a higher protein content and a milder taste than regular hemp protein. Hemp Gold is easy to digest and won't leave you feeling bloated.



Nutritional Information

Servings per Package: 45.4 serves

Serving size: 33g (Approx 3 tbs)

	Qty. per 33g serv.	%D1*	Qty. per 100g
Energy	607KJ	7%	1841KJ
	145kcal	7%	440kcal
Protein	20.0g	40%	60.6g
Histidine	561mg	+	1.7g
Isoleucine	858mg	+	2.6g
Leucine	1386mg	+	4.2g
Lysine	726mg	+	2.2g
Methionine	429mg	+	1.3g
Phenylalanine	924mg	+	2.8g
Threonine	693mg	+	2.1g
Tryptophan	165mg	+	0.5g
Valine	1023mg	+	3.1g
Fat, total	6.0g	9%	18.1g
Saturated Fat	0.6g	2%	1.8g
Cholesterol	0 mg	+	0mg
Monounsaturated	0.8g	+	2.3g
Omega 9 (linolenic)	759mg	+	2300mg
Polyunsaturated	4.6g	+	14.0g
Omega 3 (ALA)	990mg	76% (AI)	3000mg
Omega 6 (LA)	3597mg	28% (AI)	10900mg
Omega 6 (GLA)	36mg	+	110mg
Trans Fat	0.0g	+	0g
Carbohydrate	1.7g	0.5%	5.0g
Sugars	1.7g	2%	5.0g
Fibre	2.3g	8%	7.0g
Sodium	0g	0%	0mg
Iron	8.5mg	71%	25.7mg
Magnesium	370mg	116%	1120mg
Thiamin	0.7mg	63%	2.1mg
Phosphorus	838mg	84%	2540mg
Vitamin E	2.9mg	29%	8.7mg
Calcium	33mg	4%	100mg
Potassium	653mg	+	1980mg
Zinc	4.4mg	37%	13.4mg

*Percentage daily intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending upon your energy needs. AI = Adequate Intake [Nutrient Reference Values for Australia and New Zealand]. +Daily value not established