



# HEMP PROTEIN

*Our hemp is grown throughout Canada, where it thrives in moist environments with heavy rainfall. Hemp is a highly versatile plant that has many uses while being incredibly sustainable. It helps clean air, by removing carbon dioxide, restores soil with nutrients and doesn't require pesticides, herbicides or fertilizers and requires about 50% less water than cotton. The seeds are high in protein and in powder form offer a full spectrum of amino acids.*

## OUR PROCESS

Grown throughout Canada, our hemp thrives in moist environments with heavy rainfall. The plant usually grows between 2-4 meters, the taller, stalky plants are used for fibers, and the shorter plants with more branches are used for seed cultivation. The seeds are picked and then sent to be cleaned and pressed.

After the hemp seeds have been harvested, they are dried, and pressed into cakes. The seed cake left over after pressing is milled and screened, separating the fiber and concentrating the protein. This process is repeated a few more times with a smaller screen each time, removing fiber with each sift and resulting in an extra fine, nutritious protein powder.

## USE

Use hemp protein powder in smoothies, shakes and baked goods for a slightly nutty, healthy dose of protein, fiber, potassium and iron.

## THE SOURCE

Grown, processed and packaged entirely in Canada. A network of artisan independent organic farmers each contribute seed crop to make up the bulk of the hemp seed harvest in Canada, the starting material for hulled seed and hemp protein powder. Farms of choice are primarily located in Alberta, Manitoba, and Saskatchewan.



### Variety

*Cannabis Sativa*; predominantly Finola, CFX-2, X59

### Origin

Canada; Alberta, Manitoba, Saskatchewan

### Certifications



### Typical Nutrition Per 100g

<b>Calories</b>	<b>400.00</b>
Calories from fat	102.69
<b>Total Fat</b>	<b>11.41g</b>
Saturated Fat	1.71g
Trans Fat	0.02g
<b>Cholesterol</b>	<b>0mg</b>
<b>Sodium</b>	<b>21mg</b>
<b>Potassium</b>	<b>1,305mg</b>
<b>Total Carbohydrate</b>	<b>25.82g</b>
Dietary Fiber	20.21g
Sugars	2.92g
<b>Protein</b>	<b>48.56g</b>
<b>Vitamin A</b>	<b>571IU</b>
<b>Vitamin C</b>	<b>1.99mg</b>
<b>Calcium</b>	<b>169.00mg</b>
<b>Iron</b>	<b>20.27mg</b>



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