

Hemp Protein & Fiber, 16 oz Powder

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Nature's Way EFAGold® is the highest quality Hemp seed powder and one of nature's richest sources of protein, fiber and essential fatty acids - guaranteed to contain 13 grams Fiber and 11 grams Protein per serving all from non-GMO seeds.

Our Hemp powder is delicious and has a wonderful natural taste. It is THC-free, Organic, cold milled, unrefined, hexane free and has zero trans fat. You can get your daily fiber (soluble & insoluble) and protein needs plus additional vitamins, minerals, lignans, all 8 essential amino acids and EFAs.

We believe in quality control from the soil to the oil: Our involvement begins in the fields with the growers and continues through harvesting, seed selection, milling and purity testing.

Amino Acids

Amino acids are the building blocks of protein and a key part of every bodily function. Of the 28 amino acids, 8 are considered essential since they must be obtained through the diet.

- Trytophan
- Lysine
- Methionine
- Phenylaline
- Threonine
- Vlaine
- Leucine
- Isoleucine

Fiber

Soluble fiber helps maintain healthy cholesterol and blood sugar levels. Insoluble fiber aids digestion, reduces constipation and helps curb appetite.

Dosage
Add 2 scoops (scoop included) to a favorite juice, smoothie or other beverage. Can be sprinkled on cereals and yogurt, or added to a muffin recipe. Keep tightly sealed. Refrigerate after opening.

Does not contain
Chemical solvents, sugars, starch, artificial colors, flavors or preservatives, THC, herbicides or pesticides.

Supplement Facts

Serving Size 2 Scoops (30 g)

Amount Per Serving		% Daily Value
Calories	120	
Calories from Fat	25	
Total Fat	3 g	5%†
Total Carbohydrate	13 g	4%†
Dietary Fiber	13 g	52%†
Soluble Fiber	1 g	**
Insoluble Fiber	12 g	**
Protein	11 g	22%†
Calcium	44 mg	4%
Magnesium	95 mg	24%
Sodium	15 mg	<1%
Amino Acids	11 g (11,070 mg)	
Glutamic Acid	2.1 g (2,130 mg)	**
Arginine	1.8 g (1,845 mg)	**
Aspartic Acid	1.3 g (1,308 mg)	**
Serine	642 mg	**
Leucine	606 mg	**
Threonine	495 mg	**
Valine	492 mg	**
Proline	459 mg	**
Alanine	417 mg	**
Glycine	402 mg	**
Phenylalanine	387 mg	**
Histidine	372 mg	**
Isoleucine	366 mg	**
Tyrosine	300 mg	**
Lysine	288 mg	**
Methionine	237 mg	**
Cystine	180 mg	**
Tryptophan	114 mg	**
Essential Fatty Acids	2.2 g (2,221 mg)	
Omega-6 Fatty Acids	1.5 g (1,470 mg)	**
Omega-3 Fatty Acids	471 mg	**
Omega-9 Fatty Acids	280 mg	**

†Percent Daily Values based on a 2,000 calorie diet.
**Daily Value not established.

Ingredients: Organic Hemp Powder (seed)