

PLANT POWERED  
**Earthli™**  
 GOODNESS



# HEMP HEARTS

Shelled Hemp Seeds

Vegan plant protein with the benefits of Omegas. Earthli's single ingredient sustainably-grown superfood provides 10 grams of protein, and 12 grams of Omegas (3 and 6) per serving, with a mild nutty taste that can be added to salads, baking recipes, and savoury dishes. Look for this and other Earthli superfood products in an earth-friendly, compostable pouch!

 **NEW!**  
 COMPOSTABLE POUCH

Ingredients:  
 Shelled hemp seeds.



## SUPER TASTY

You've never tasted hemp protein like this before. In fact, you'll hardly taste it at all. Our East Coast grown hemp's mild nutty flavour takes a backseat to the flavours in your favourite smoothie or baking recipes while packing a nutritious punch.

## SUPER GREEN

We know that plant-based food is just better for the Earth, and hemp is one of the most sustainable crops on the planet. Hemp is a hearty annual crop that regenerates the soil, and it thrives without the use of harmful pesticides or herbicides.

## SUPER FOOD

Hemp seeds provide more than 25% of their total calories from high quality protein. They are exceptionally rich in minerals and Omega 6 and Omega 3 essential fatty acids, and whole seeds are an excellent source of dietary fibre.





# HEMP HEARTS

Shelled Hemp Seeds



- KETO FRIENDLY
- ZERO WASTE PACKAGING
- SODIUM FREE
- VEGAN

**NEW!**  
COMPOSTABLE POUCH



\*per 30g serving

**10g\***  
PROTEIN

**12g\***  
OMEGAS 3 & 6

## Nutrition Facts Valeur nutritive

Per 3 tbsp (30 g)  
pour 3 c. à souper (30 g)

Calories 183	% Daily Value*
% valeur quotidienne*	
<b>Fat / Lipides</b> 16 g	24 %
Saturated / saturés 1 g	6 %
+ Trans / trans 0	
Omega-6 / oméga-6 8.7 g	
Omega-3 / oméga-3 3 g	
<b>Carbohydrate / Glucides</b> 1.5 g	1 %
Fibre / Fibres 0.6 g	2 %
Sugars / Sucres 0.3 g	
<b>Protein / Protéines</b> 10 g	
<b>Cholesterol / Cholestérol</b> 0 mg	0 %
<b>Sodium</b> 0 mg	0 %
<b>Potassium</b> 360 mg	10 %
<b>Iron / Fer</b>	24 %
<b>Calcium</b>	2 %
<b>Thiamine</b>	27 %
<b>Phosphorus / Phosphore</b>	45 %
<b>Niacin / Niacine</b>	12 %
<b>Vitamin B6 / Vitamine B6</b>	18 %
<b>Zinc</b>	33 %
<b>Copper / Cuivre</b>	24 %

\*5% or less is a little, 15% or more is a lot  
\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

## Other great products available from Earthli

There's more than one way to get your daily amount of plant protein!

