



# 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 the sturdy, recyclable, reusable can made from recycled metal.

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.

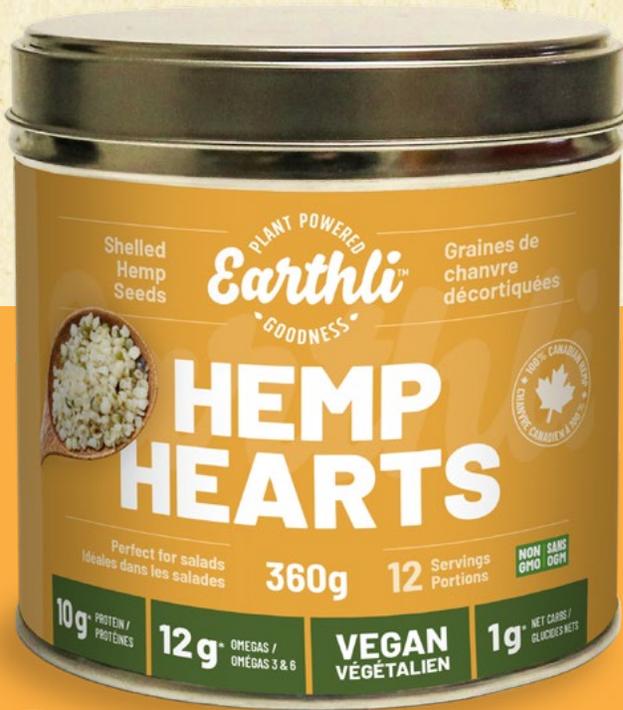
## SUPER FOOD

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.



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\*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

\* DV = Daily Value

\* VQ = valeur quotidienne

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



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



Other great products available from Earthli  
There's more than one way to get your daily amount of plant protein!