



RAW HEMP™ Smoothie

ONLY 90
CALORIES

TASTES
BETTER

3x MORE
FIBRE – 10 G

PLANT
BASED

ALKALINE
FORMING

The New Sensation In Organic Protein Smoothies.

Just add water, shake it up and it's ready to drink – no blender or heavy clean up required!

Tastes Great: Best tasting raw hemp smoothie ever!

3x the Fibre: Provides over 1/3rd of your daily fibre.

All Natural: Contains no animal products.

Probiotics: The goodness of yogurt, but dairy free & with zero yogurt taste.

Complete Protein: Plus hemp digests easier than soy or pea protein.

EFA's: Hemp is a source of Omega-3 and Omega-6 EFA's (Essentials Fatty Acids) – the good fats.

Raw, Organic & Non-GMO: Our hemp is 100% raw cold pressed right at the source – no solvents or hexane.

Two Gourmet Flavours Berry Burst & Natural Chocolate



Plus - Super Greens and Probiotics

- Spirulina, the greenest super food on the planet
- Dairy free probiotics provide beneficial bacteria that improve digestive tract and gut health



Meeting Canada's Food Guide Requirements: Provides the equivalent protein of 1 serving of dairy or dairy alternative products, and provides the equivalent fibre of 3 servings of whole grain foods.

The Canada Food Guide recommends Canadians get at least half of their grains, from whole grain products. "Fibre rich foods can help you feel full and satisfied. A diet rich in whole grains may also help reduce the risk of heart disease."

Having the amount and type of food recommended and the following the tips in Canada's Food Guide will help **reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.**

(See Canada's Food Guide for complete details)

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