

Nutritional Analysis

Typical Analysis
Amounts per 100g



AUSTRALIAN
CERTIFIED
ORGANIC 11469

Hemp Protein (50%)

Amino Acid Profile

Histidine	14.51	Proline	20.77
Serine	26.43	Lysine	21.24
Arginine	67.50	Tyrosine	15.34
Glycine	23.84	Methionine	9.322
Aspartic Acid	54.63	Valine	27.14
Glutamin Acid	95.82	Isoleucine	21.83
Threonine	18.41	Leucine	35.28
Alanine	22.67	Phenylalanine	28.84

	per serve (25g)	per 100g
Energy	414kj	1654kj
Protein	12.5g	49.9g
Total Fat	2.8g	11g
Saturated Fat	0.25g	1g
Omega 6 GLA	0.09g	0.34g
Omega 6 LA	1.6g	6.51g
Omega 3 ALA	0.5g	2.01g
Omega 9 OA	0.3g	1.1g
Total Carbohydrate	6g	24g
Sugars	0.9g	3.5g
Sodium	0mg	0mg
Fiber	5.4g	21.5g
Cholesterol	0mg	0mg
Potassium	307mg	1229mg
Vitamin E	140ug	560ug
Vitamin B1	248ug	990ug
Vitamin B6	228ug	910ug
Folate	70ug	280ug
Calcium	41mg	165mg
Iron	4.2mg	16.8mg
Zinc	2.4mg	9.6mg
Magnesium	194mg	775mg



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