

Nutrition Facts & Ingredients

About 4 Servings Per Container
SERVING SIZE

1 CUP (240ML)

Amount per serving		
Calories		60
		% Daily Value*
Total Fat	4.5g	8%
Saturated Fat	0g	
Trans Fat	0g	
Polyunsaturated Fat	3g	
Monounsaturated Fat	0.5g	
Cholesterol	0mg	
Sodium	120mg	5%
Total Carbohydrate	1g	0%
Dietary Fiber	0g	
Total Sugars	0g	
Includes 0g Added Sugars		
Protein	3g	3%
Vitamin D	2mcg	10%
Calcium	260mg	20%
Iron	1.4mg	8%
Potassium	90mg	2%
Magnesium	50mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients
Water, Hulled Hemp Seed, Contains 1% Or Less Of: Disodium Phosphate, Gellan Gum, Natural Vanilla Flavor With Other Natural Flavors, Tricalcium Phosphate, Vitamin D2, Xanthan Gum.