



## Hempture RAW Hemp Protein Nutritional information

	per 100g	per 30g serving
Energy	1,445 KJ / 345 Kcal	434 KJ / 104 Kcal
Protein	50g	15g
Carbohydrate	25.2g	7.5g
of which Sugar	5.3g	1.6g
Fat	9.7g	2.9g
of which Saturates	1.2g	0.4g
of which Monounsaturates	1.4g	0.4g
of which Polyunsaturates	7.1g	2.1g
of which Omega 3	1.6g	0.5g
of which Omega 6	5.5g	1.6g
GLA	0.1g	<0.1g
Fibre	20g	6g
Salt	0.2g	<0.1g

## Amino Acid Profile

	per 100g		per 100g
Alanine	2.1g	Lysine*	2.4g
Arginine	6.0g	Methionine*	1.1g
Aspartic Acid	5.1g	Phenylalanine*	2.3g
Cystine	0.7g	Proline	1.8g
Glutamic Acid	8.6g	Serine	2.5g
Glycine	2.3g	Threonine*	1.7g
Histidine*	1.4g	Tryptophan*	0.4g
Isoleucine*	2.0g	Valine*	2.4g
Leucine*	3.3g	Tyrosine	1.8g
*Essential amino acids			

[www.Hempture.ie](http://www.Hempture.ie)