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HEMP

easy to digest.
NO BLOATING

lactose, dairy free.
100% Natural

fibre content is good for the
intestinal tract

contains Essential Fatty Acids
(naturally rich in **Omega 3**)

RAW - no heat is used in the
production of **GOOD HEMP**
Nutrition Protein

Great source of **Edestin**



WHEY

excessive consumption can lead
to **bloating and cramps**

unsuitable for those with
lactose intolerance. Processed
dairy: check individual product
for source of dairy

excessive consumption can lead
to **intestinal toxemia**

all fat is extracted. most are **heated**
during production, which kills the
proteins ability to act as enzymes,
the 'functional proteins' that
speed up the rate of biochemical
reaction in your body.



SOYA

contains oligosaccharides that
can cause gas and other
stomach problems

most Soya products are **GMO**
(unless labeled otherwise)

most Soya products have been
treated with Hexane, a chemical
used to extract fat

all fat is extracted

heated during production,
which kills the proteins ability to
act as enzymes, the 'functional
proteins' that speed up the rate
of biochemical reaction in
your body

