

PRODUCT INFORMATION SHEET

ORGANIC HEMP SEED PROTEIN POWDER

Yaoh organic hemp seed protein powder is packed to the rafters with proteins and minerals, and is an absolutely fantastic nutritional supplement, especially for those seeking organic vegan gluten free options. Due to the fat being extracted, this powder has an exceptionally high protein content (48.5%) and is particularly suitable for athletes and those who lead an active lifestyle.

WEIGHT

454 Grams

NUTRITIONAL INFORMATION

Per 100 g

Protein
Carbohydrates
Fat
(Omega 6)
(Omega 3)

48.5 g
25.0 g
12.0 g
7.2 g
2.4 g

RECOMMENDED DAILY INTAKE

Vitamin E 80%
Calcium 16%
Phosphorus 125%
Iron 114%
Magnesium 250%
Zinc 110%
Copper 50%
Manganese 800%



YAOH HEMP PROTEIN POWDER IS

**VEGAN
ORGANIC
RAW
GLUTEN FREE
PURE HEMP - NOTHING ADDED**



The protein powder is created by extracting the fats from the hemp seed, and then milling the resulting powder. This process means that the fat content obviously lowers, leaving a far higher protein to fat ratio than the whole hemp seed. Although raw plant fats are generally known as 'good fats', nevertheless people looking for high protein content don't want too much raw fat either, so the hemp protein powder is excellent for athletes and those looking to put on weight – like Robbie Hazeley, vegan bodybuilder extraordinaire.

ROBBIE HAZELEY

Robbie Hazeley is 50 years old, vegan for the last 15 years, and is currently preparing for the Mr Universe bodybuilding contest in December 2006. This is after qualifying through representing the UK in the Mr World championships earlier in the year, where he finished 6th.

Robbie trains on an exclusively vegan and mainly raw diet, and hemp protein powder plays an important part in his training routine. 'Hemp protein powder contains all the essential amino acids to make a complete protein – and tastes fantastic too, far better than soya isolate, which is another vegan source of high protein content,' says Robbie.

To find out more about Robbie, see *A Vegan Guide to Bristol 2006* (pages 50 -51)

[Click here to access the guide as a downloadable pdf](#)

or visit www.veganbodybuilding.org

