

# Nutritional Statement

## V-70™ Hemp Heart Protein (Organic & Conventional)

### Nutrition

Nutritive Constituent	Quantity per 100 g
Total Calories	353 kcal
Total Fat	9 g
Saturated Fat	0.93 g
Trans Fat	< 0.03 g
Polyunsaturated Fat	6.77 g
Monounsaturated Fat	0.89 g
Cholesterol	0.0 g
Sodium	< 3 mg
Total Carbohydrates	10.92 g
Dietary Fiber	10.8 g
Soluble Fiber	6.5 g
Insoluble Fiber	4.3 g
Total Sugars	0.12 g
Added Sugars	0.0 g
Moisture*	6 g
Protein (F=6.25, as-is)	67.9 g
Protein (dwb))	72.2 g
Vitamin D	0.0 mcg
Calcium	121 mg
Iron	21.7 mg
Potassium	2000 mg
Copper	3.71 mg
Magnesium	1260 mg
Manganese	11.8 mg
Phosphorus	2770 mg
Zinc	13.6 mg

### Protein Composition

Amino Acid	per 100 g
Cysteine & Methionine**	2.66 g
Tryptophan**	0.94 g
Aspartic acid	6.82 g
Threonine**	2.21 g
Serine	3.31 g
Glutamic acid	12.06 g
Proline	2.47 g
Glycine	2.84 g
Alanine	2.76 g
Valine**	3.29 g
Isoleucine**	2.69 g
Leucine**	4.4 g
Tyrosine & Phenylalanine**	5.26 g
Lysine**	2.49 g
Histidine**	1.86 g
Arginine	8.79 g
Digestibility (in-vitro)	1.00
PDCAAS (in-vitro)***	0.63

\* Non-nutritive constituent

\*\* Essential amino acids

\*\*\*FAO/WHO Reference Protein 1991

Typical values only, not a product specification.

The information described above is offered solely for your consideration, investigation, and independent verification. It is up to you to decide whether and how to use this information. Victory Hemp Foods, PBC makes no warranty about the accuracy or completeness of the information contained above or the suitability of any of their products for your specific intended use. Furthermore, all express or implied warranties of noninfringement, merchantability, or fitness for a particular purpose are hereby disclaimed. Victory Hemp Foods, PBC assume no responsibility for any liability or damages arising out of or relating to any of the foregoing.