

Lupine Seed Protein

NFH's Lupine seed protein powder is a wholesome protein (60% protein content) packed food and is a source of fibre. It serves as a delicious and natural healthy alternative to meat for vegans.

Lupines are a sustainable food protein source owing to their short growth cycle and they fix nitrogen from the atmosphere via a rhizobium-root nodule symbiosis and enrich the soil for other plants. Lupine seeds have been used as a food for over 3000 years around the Mediterranean. Lupine seed protein powder is gluten free, with low carbohydrate content and packs prebiotics for gut health.

The mild, neutral taste and flavour profile combined with its versatility of being soluble in both water and oil makes this nutrient dense protein powder a great choice for protein shakes, smoothies, soups, baked goods, salad dressings and much more!

ACTIVE INGREDIENTS

Nutrition Facts

Per 3/4 scoop (15 g)

Calories 60

% Daily Value*

Fat 1.5 g	2 %
Saturated 0.3 g	2 %
+ Trans 0 g	
Polyunsaturated 0.6 g	
Monounsaturated 0.5 g	

Carbohydrate 3 g	
Fibres 2 g	7 %
Sugars 1 g	1 %

Protein 9 g

Cholesterol 0 mg

Sodium 0 mg 0 %

Potassium 150 mg 3 %

Calcium 20 mg 2 %

Iron 0.75 mg 4 %

*5% or less is a little, 15% or more is a lot

Typical amino acid profile (g/portion of 15 g)**

Glutamic acid	2.545
Arginine	1.322
Leucine*	0.836
Lysine*	0.586
Serine	0.586
Glycine	0.502
Valine*	0.460
Tyrosine	0.442
Alanine	0.418
Threonine*	0.418
Isoleucine*	0.405
Histidine*	0.311
Phenylalanine*	0.281
Tryptophan*	0.108
Methionine*	0.096
Proline	0.082

* Essential amino acid

** Average analysis

Ingredient: Mildly processed lupine seed.

Contains no: Gluten, soy, wheat, corn, eggs, dairy, yeast, citrus, preservatives, artificial flavour or colour, starch, or added sugar.

This product is non-GMO.

Lupine Seed Protein contains 300 g per bottle.

DIRECTIONS FOR USE

1-2 servings per day (one serving = 3/4 scoop; 15 g).

Allergen: Do not take if you are allergic to peanuts.

PURITY, CLEANLINESS, AND STABILITY

All ingredients listed for each product lot number of **Lupine Seed Protein** have been tested by an ISO 17025-accredited third-party laboratory for identity, potency, and purity.



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