

LupineSeed Protein

Great Protein Source



- Certified organic and non-GMO
- Great source of protein suitable for vegans and vegetarians
- Source of iron and potassium

**Tested in our
ISO 17025
Accredited Laboratory**



newrootsherbal.com



Lupine Seed Protein



Lupine, a member of the legume family of flowering plants, yields a phenomenal ratio of seed mass per plant. Its seeds in turn are a dynamic and versatile source of protein, fibre, iron, and potassium. What differentiates them from grasses, cereals, and other nonlegume crops is they fixate their atmospheric nitrogen via bacteria in nodules of their roots. This makes them excellent agricultural crops, as they don't deplete nitrogen stores in soil and are excellent partners for crop rotation.

Seeds in general are renowned for being complete nutrient sources. Lupine seeds (beans) are a potent source of protein, with the added benefit of being a source of iron, calcium, and potassium. In convenient powder form, they can serve to fulfil the protein requirements for vegans, vegetarians, and those looking to limit their meat consumption.

With a neutral flavour and versatility of being soluble in both oil and water, the ceiling is high for their culinary potential. Soups, smoothies, salads, cooking, baking, and more; the only limit for ways to incorporate this superfood into your healthy lifestyle is your imagination!

Nutrition Facts

Per 1/3 cup (30 g)

Calories 110

% Daily Value*

| | |
|---------------------|-----|
| Fat 3 g | 4 % |
| Saturated 0.5 g | 3 % |
| + Trans 0 g | |
| Polyunsaturated 1 g | |
| Monounsaturated 1 g | |

| | |
|-------------------------|------|
| Carbohydrate 7 g | |
| Fibre 4 g | 14 % |
| Sugars 2 g | 2 % |

Protein 18 g

Cholesterol 0 mg

Sodium 0 mg 0 %

Potassium 300 mg 6 %

Calcium 50 mg 4 %

Iron 1.5 mg 8 %

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

Ingredient:

Organic lupine seed.

P0765-R1

Manufactured under strict GMP (Good Manufacturing Practices).

HP2264

