

# PumpkinSeed Protein

## Great Protein Source

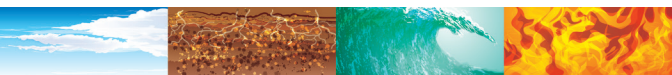


- Certified organic and non-GMO
- Whole-food source of critical vitamins and minerals
- Pivotal protein suitable for vegans and vegetarians

**Tested in our  
ISO 17025  
Accredited Laboratory**



[newrootsherbal.com](http://newrootsherbal.com)



# Pumpkin Seed Protein



Pumpkin seeds are a nutritional juggernaut rich in protein, calcium, potassium, healthy fibre, and more. Their high protein and zero *trans*-fat status make them a suitable alternative to animal-sourced protein for general health.

Pumpkin seeds rank highly for phytosterol content—compounds within plants noted for many health benefits. Pumpkin seeds are also a great source of antioxidants.

Its distinct, subtle, nutty taste makes pumpkin seed powder a great culinary fit to amplify the health quotient (HQ) of soups, smoothies, salads, baked goods, and more.

It's also a great source of healthy protein for vegetarians, for vegans, and for those looking to reduce their meat consumption.

## Nutrition Facts

Per 4 tbsp. (30 g)

<b>Calories 140</b>	<b>% Daily Value*</b>
<b>Fat</b> 5 g	7 %
Saturated 0 g	0 %
+ Trans 0 g	
Polyunsaturated 1 g	
Monounsaturated 1.5 g	
<b>Carbohydrate</b> 5 g	
Fibre 4 g	14 %
Sugars 1 g	1 %
<b>Protein</b> 18 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 320 mg	14 %
Potassium 500 mg	11 %
Calcium 175 mg	13 %
Iron 0 mg	0 %

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

### **Ingredient**

Organic pumpkin seed.

P0764-R1

Manufactured under strict GMP (Good Manufacturing Practices).

HP2274

