

HEMP MILK NUTRITION

Nutritional Benefits Summary Chart (Per 1 Cup / 240ml)

Nutrient Category	Benefit & Details
Omega Fatty Acids	High in Omega-3 and Omega-6 in the ideal 3:1 ratio. Supports heart health and brain function.
Plant-Based Protein	Contains all 9 essential amino acids . Easily digestible protein source (approx. 3g-5g per serving).
Vitamins & Minerals	Natural source of Calcium, Magnesium, and Iron. Often fortified with Vitamin D and B12 .
Skin Health	Rich in Vitamin E and antioxidants which help maintain skin elasticity and fight oxidative stress.
Dietary Profile	Naturally Lactose-Free, Soy-Free, and Gluten-Free . Low in carbohydrates (Unsweetened).

**Values may vary by brand. This document is for educational purposes only.*