



Naturemedies UK, EU & USA. A brand of E-Macro Initiatives
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Naturemedies Hemp Seed Powder Protein Boost 500g 17.6oz

Hemp protein PLUS superfoods and herbs



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For best results add 3/4 of a scoop OR 3 heaped teaspoons (30g) into a glass or shaker. Add water, fruit juice, almond or coconut milk, or another liquid of your choice for a delicious shake. Be adventurous with this powder - add it to yoghurt, mix with berries etc.

Hypoallergenic - produced using no chemical solvents.
 Suitable for vegetarians and vegans.

Naturemedies Hemp Seed Powder Protein Boost provides complete, balanced and natural protein from hemp seed, as well as a range of phyto-nutrients from nutritious superfoods and herbs. It is also high in dietary fibre, which is beneficial for a healthy colon and stable blood sugar levels. It beats single-ingredient protein powders hands-down!
 -- Manufactured in the UK under GMP and ISO 22000 standards in an Informed Sports Factory.

The protein
 The protein in Naturemedies Hemp Seed Powder Protein Boost is plant-based protein from hemp seed, providing 45.2g per 100g. Hemp seed provides complete plant proteins (all essential amino acids), making it an excellent alternative to animal protein.

It is easily digestible and does not cause bloating or flatulence, which many people experience with dairy-based protein powders - an ideal alternative to whey and soya. Unlike many other hemp protein powders on the market, HempNourish contains no hexane or other toxic chemicals, which are often used during the hemp protein extraction process. Our hemp protein is extracted using only water, pressure and then flocculation.
 The phyto-nutrients

As well as the nutritious hemp protein, the HempNourish formula also contains a number of superfoods and herbs, namely:

alfalfa, beetroot, Ceylon cinnamon bark, dandelion root, green tea leaf, spirulina, Acerola cherry fruit, chlorella, blackcurrant, parsley leaf, baobab fruit, spinach leaf, acai berry and fenugreek.

This powder can be used as part of a high-protein vegan diet plan.

Hemp seed: Hemp contains all of the essential amino acids and essential fatty acids (EFAs, such as Omega 3) necessary to maintain health and improve immune function. Hemp seeds also have antioxidant effects and a broad range of vitamins and minerals (including vitamin E, magnesium, phosphorus, potassium, niacin, riboflavin, thiamine, vitamin B6 and folate). Taken together, these characteristics are why hemp is considered to be a superfood, as well as a complete, natural and balanced source of protein.

Being deficient in EFAs and their metabolites decreases protein synthesis, impedes muscle repair and may cause the body to retain fat, because it senses it does not have all the nutrients it needs.

No other single plant source provides complete protein nutrition in such an easily digestible form, nor has the oils essential to life in as perfect a ratio for human health and vitality. The protein in hemp is very similar to the protein in human blood plasma, which is what makes it so easy to digest (unlike other sources of protein that have been associated with intestinal bloating and discomfort).

About the ingredients contain...
 Alfalfa: Alfalfa is rich in chlorophyll, vitamins (such as pro-vitamin A (B-carotene) and vitamins B6, C, D, E, K and P) and minerals (such as calcium, magnesium, potassium, iron and zinc). It also contains all 8 essential amino acids (the building blocks of protein), yields 10x more mineral value than an average grain and contains 8 essential enzymes, namely:
 - amylase (digests starch)
 - coagulase (coagulates milk)
 - invertase (converts sugar to dextrose)
 - emulsin (acts upon sugars)
 - peroxidase (oxidises blood)
 - lipase (fat-splitting enzyme)
 - pectinase (forms a vegetable jelly from pectin)
 - protease (digests proteins).

Alfalfa also consists of medicinal "actives", such as isoflavones, sterols and other plant phyto-estrogens that (working together with the plant's natural fibre) promote healthy cholesterol levels.

Red beetroot: Beetroot is a good source of carbohydrates and proteins and is also rich in a variety of vitamins (including vitamins A, B and C), minerals (including magnesium, manganese, sodium, potassium, calcium and phosphorus), antioxidants (such as betanin, the pigment that gives beetroot its colour) and other nutrients, such as soluble fibre, iron, folic acid and betaine.

It has a very low caloric value, is almost entirely free of fats and has a low glycaemic load. It is also extraordinarily rich in dietary nitrate, making it popular with athletes. This nutrient leads to a reduction in oxygen uptake, increasing stamina and making exercise less tiring. Studies have

demonstrated the positive effects that beetroot can have on exercise performance and muscle growth.

For example, in the famous study conducted by Exeter University, scientists found cyclists who drank a half-litre of beetroot juice several hours before setting off were able to ride up to 16% longer than those who drank a placebo blackcurrant juice. As such, it is now used by many athletes during times of extreme training, when demands for energy and recovery are high.

Cinnamon bark: Cinnamon has anti-spasmodic, anti-microbial, carminative, anti-diarrhoea, anti-worm and antiseptic properties. The bark helps to counteract flatulence and diarrhoea. It is also used for a weak digestive system, vomiting, hyper-acidity, to promote secretion of gastric juices, irritable bowel, summer diarrhoea, colds and flu. It can help to suppress growth of numerous harmful micro-organisms, such as Escherichia coli, Staphylococcus aureus and Candida albicans.
 Cinnamon

also helps to maintain stable blood sugar levels and is therefore very useful for diabetics. Dandelion root: The dandelion has been a staple of the traditional herbal pharmacopoeia for centuries. In Europe, the dandelion is still respected as the nutritional and medicinal powerhouse that it is. Among other things, dandelion root has been used as a gentle laxative, digestive aid, to treat liver and kidney problems, to relieve inflammation, boils, fever and diarrhoea and to help regulate blood sugar levels. Dandelion root is also known to stimulate the appetite.

Green tea: Green tea is rich in catechin polyphenols. Epigallocatechin gallate (EGCG), in particular, is a powerful antioxidant. Some studies have shown green tea polyphenols to have a stronger antioxidant action than vitamin C and vitamin E - two of the most powerful antioxidants found in nature. Green tea is effective at lowering LDL cholesterol and blood pressure levels and inhibiting the abnormal formation of blood clots. Green tea is also known to be beneficial for weight loss, because the polyphenols induce thermogenesis and stimulate fat oxidation, boosting the metabolic rate without increasing the heart rate.

Spirulina: Spirulina is a highly nutritious blue-green algae. It is used for:

- boosting the immune system
- improving digestion
- reducing fatigue and building endurance
- cleansing and detox purposes
- boosting energy levels
- controlling appetite
- maintaining healthy heart functions
- supporting the liver and kidneys
- reducing inflammations
- alleviating allergy symptoms.

It is a complete food that supplies an incredibly wide range of nutrients, including protein, vitamins, minerals, Omega 6 fatty acids, chlorophyll and other phyto-nutrients.

Acerola cherry: These cherries are known as a superfruit because of their exceptional nutritional values and naturally high levels of bioavailable (easily absorbed) vitamin C - 30x the amount found in oranges of the same weight. They also represent a good source of vitamin and antioxidant power - researchers have identified nearly 150 nutritive constituents in Acerola cherries, which include bioflavonoids, proteins, mineral salts, iron, calcium and phosphorus.
 Chlorella: Chlorella is a powerful detoxification aid, which has been proven to bind with

heavy metals and pesticides - such as PCBs - which can accumulate in our bodies. It is also a fibrous material, which means that it supports healthy digestion and overall digestive tract health. A clean bloodstream, with an abundance of red blood cells to carry oxygen, is essential for strong natural defences.

Chlorella's high nutrient content, cleansing action on the bowel and other elimination organs, as well as its protection of the liver, helps to keep the blood free from impurities and our immune system strong.

Chlorella gets its name from the high amount of chlorophyll that it possesses. Blackcurrants: These berries have a number of beneficial phyto-nutrients. In fact, during World War II, the blackcurrant was used as a replacement for oranges and other fruits rich in vitamin C as they were hard to come by in the United Kingdom.

Blackcurrant fruit is extraordinarily rich in vitamin C and far superior to navel oranges - containing more than three times the amount. It also contains a good amount of calcium, potassium, phosphorus, iron and vitamin E. Blackcurrants are a great food for supporting energy levels and the seeds are rich in unsaturated fatty acids. They are also packed with antioxidants (anthocyanins, a type of polyphenol).

Parsley leaf: A highly nutritious member of the umbelliferous vegetable family, parsley has many health benefits and a host of nutrients, such as vitamins A, C and E, bioflavonoids, iron, folic acid, volatile oils, coumarins, flavonoids, chlorophyll and other powerful antioxidants and phyto-nutrients.

Parsley contains more vitamin C than any other culinary vegetable, i.e. approximately three times as much as that found in an orange and about the same amount as blackcurrants. Its iron content is high (around twice as much as spinach). It is also a good source of manganese, calcium and potassium.

Raw parsley and juice is used to cleanse the blood, dissolve the sticky deposits in veins, help maintain elasticity of blood vessels, help break down small kidney stones and gallstones and as a natural breath freshener and diuretic.

Baobab fruit: This versatile fruit has long been used for its health applications by Africans across the continent. It is also famed for its incredible nutritional properties. Much like the moringa, it is a superfood that deserves the name! An excellent source of many vitamins and minerals, it has:

- five times the magnesium of avocados
- four times the potassium of bananas
- twice the calcium of milk
- twice the antioxidants of acai berries, and more than any other fruit
- ten times the vitamin C of oranges
- and ten times the fibre of apples.

In other words, baobab is highly nutritious and different parts of the plant supply varying amounts of protein, vitamin C, antioxidants, potassium, magnesium, iron, zinc, calcium and B vitamins.

Due to the fact that it is high in dietary fibre, it has been shown to support digestive health, as well as reduce feelings of hunger which could promote weight loss. Baobab may also help slow the increase of blood sugar levels and decrease the amount of insulin needed to keep your blood sugar under control.

Studies show that baobab can help to reduce inflammation and prevent oxidative damage to cells.

Spinach: Spinach is at the top of many superfood lists because it is loaded with iron, calcium, folic acid, vitamin K, vitamin C, fibre and carotenoids. Add its lutein and bioflavonoids and spinach is a nutritional powerhouse! The calcium content in spinach helps to strengthen bones; the A and C vitamins, fibre, folic acid, magnesium and other nutrients help to fight disease and boost the immune system. Folate also lowers the blood levels of homocysteine - a protein that damages arteries - and therefore helps to protect against heart disease.

Acai berry: Found only in the Amazon rainforests of Central and South America, these berries contain a wide array of vitamins, minerals, essential fatty acids and antioxidants. Acai berries are beneficial for:

- the immune system: their dark purple pigment contains plant chemicals called anthocyanins powerful antioxidants that are part of the flavonoid family of molecules and are important for neutralising harmful free radicals)
- supporting the heart: acai berries are a rich source of protein and dietary fibre, which are believed to have a protective effect on the cardiovascular system
- lowering cholesterol levels: acai berries are a rich source of Omega 6 and Omega 9 fatty acids, as well as phytosterols, which play an important role in lowering levels of cholesterol in the blood

- weight loss: these berries can supply valuable nutrients to support energy levels, the immune system and nutrient intake during periods of reduced calories and increased physical activity.

The also have antibacterial, anti-inflammatory and anti-mutagenic properties.

Fenugreek: Fenugreek is loaded with antioxidants and has laxative and anti-parasitic effects. It also soothes irritated tissues, lowers fever, reduces blood sugar, improves digestion and promotes healing. It stimulates the immune system and aids in the removal of toxins from the body through lymph nodes. The seeds, in particular, are rich in lipids, protein, protease inhibitors, alkaloids, mucilaginous fibre, phosphorus, iron, calcium, niacin, vitamin C, selenium and various other nutrients. Plus, it is believed that the seeds reduce fatty tissues, thereby aiding in natural weight loss.

Some ways to use Naturemedies Hemp Seed Powder Protein Boost

As one of the most balanced sources of natural vegetable protein, plus our added superfood and antioxidant ingredients, Naturemedies Hemp Seed Powder Protein Boost protein powder is a great addition to any diet and can support a variety of health goals. It beats single-ingredient hemp protein products hands down!
 Below are just a few of the possible ways that Naturemedies Hemp Seed Powder Protein Boost protein powder can be used.

Natural protein boost
 Protein plays a key role in muscle repair, recovery and building mass. It is also one of the main sources of energy when following a low-carbohydrate diet, which many bodybuilders and athletes do, as it aids in fat loss and can improve muscle definition. Naturemedies Hemp Seed Powder Protein Boost, with its high quality protein and added nutrients and antioxidants, can provide a beneficial protein boost for anyone who leads an active lifestyle, especially endurance athletes such as runners, swimmers, cyclists and triathletes.

Light meal shake or healthy snack
 Hemp protein is slow-digesting, making it perfect to take before bedtime, between meals (as a healthy snack) or as a meal shake. Its high protein content helps to keep you feeling fuller for longer. What's more, the added nutrients in Naturemedies Hemp Seed Powder Protein Boost mean optimum nutrient levels can be met without adding unhealthy calories. This is good news for those who have problems with cow's milk and/or soya beans. Hemp does not contain the anti-nutrient trypsin inhibitors found in soya milk.

Weight loss aid
 A balanced diet, which focusses on the intake of the right type of protein, healthy fats and appropriate carbohydrate levels, combined with exercise, is a great way to lose weight healthily, sculpt and tone your body. In particular, a diet packed with high-quality lean protein can support a faster metabolism, enhance fat loss, improve muscle tone and blood fat levels. Protein aids in the repair and growth of muscle, which in turn leads to more calories being burned each day. It also helps people to better control their appetites and calorie intake by regulating blood sugar levels and promoting a feeling of satiety - thereby reducing sugar and snack cravings.

Restricted diet supplement
 Vegetarians, vegans and those going dairy-free, often find it a challenge to obtain adequate amounts of quality protein, as their diets do not include the more obvious sources (such as meat and dairy products). However, with Naturemedies Hemp Seed Powder Protein Boost, there is no need for this lifestyle choice to mean a diet lacking in first-class, complete protein. This plant-based and easily-digested source ensures that everyone can meet their daily requirements for this important macro-nutrient, quickly and easily.

Immunity, health and vitality
 This quality protein powder is not restricted to those trying to achieve specific health goals - it makes a great addition to the diet of the whole family! Support your nutrient-intake every day, quickly and easily, with a shake that is packed not only with first-class protein, but vitamins, minerals, antioxidants, Omega oils and other phyto-nutrients too! Ideal support for the immune system, energy levels, health and vitality.



Please SCAN the QR-Code to find out more information and related products

