

Monica Cuneo, is the founder of **Pianeta Canapa**. She is also a musician with many interests, such as languages, plants, nutrition and natural remedies. That's how she learned about hemp. She is interested in all things that are natural and believes there are natural solutions to all problems, sometimes it's just not very easy to find them.



Pianeta Canapa in Italian means planet hemp and *canapa* comes from the Latin word *cannabis*. There is a lot of misconception about this extremely versatile plant. Hemp is a wonderful plant with countless uses, nothing gets wasted of it.

Practically everything can be made from hemp. With hemp it is possible to manufacture products so many that they are a planet on their own.



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on their

Product UPC: 0661799999090

For more information, recipes and to order, visit
www.PianetaCanapa.com

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Monica Cuneo Ltd., company registration number
09194384 in England at the Companies House.



Hemp as a **food** is extremely nutritious, its seeds contain 30% of proteins, all of the essential amino acids and essential fatty acids necessary to stay healthy and improve immune function. That's why it is a **source of complete proteins**, even considered a "superfood" by some.

Hemp+15 protein powder offers many **benefits**:

- It **increases energy**
- Helps maintain and grow **muscle** and all **organs**.
 - It is a very nutritious, all natural food
 - It is rich in easily digestible, complete **proteins** (47%), **fibre**, **vitamins** and **minerals**

No other single plant provides complete protein nutrition that is also **very easy to digest**, nor has the oils essential to life in as perfect a ratio for human health and vitality.

Protein powders from other sources often cause bloating and bad aftertaste. Instead, the type of protein contained in hemp (edestine) is very similar to the protein found in human blood, the reason why it is so easy to digest.

WHO CAN BENEFIT:

gym goers, athletes, bodybuilders, vegetarians, dieters, sports and fitness, raw food eaters, dairy intolerances



WHAT CAN BENEFIT:

energy levels, omega oil intake, stable blood sugar, nutrient intake, antioxidant levels, cleanse and detox, fat burning, digestion, immunity, muscle recovery, inflammation, appetite, regularity, metabolism, stamina.

Hemp+15

HEMP PROTEIN POWDER AND 15 BENEFICIAL PLANTS

*"At last, protein powder that's good
for children too!"*



Our own brand is a 100% natural product

- **Contains no:** added sugar, gluten, dairy, lactose, GMOs, hexane, pesticides, herbicides, colours, additives, preservatives, artificial sweeteners.
- Suitable for vegetarians and vegans.

You can use **Hemp+15** as a

- Natural **protein boost**
- **Meal replacement** or healthy snack
- **Weight loss aid**
- Restricted diet **supplement**



Eat **Hemp+15** both raw, mixed with fruit juice, yogurt, milk or milk alternatives or used when cooking. It is great mixed with soups. Take 15g - 30g (2-4 teaspoons) 1 - 3 times per day.

EACH 500 g POT CONTAINS*:

hemp protein powder, acerola cherry powder (25% vitamin c), alfalfa powder, acai berry (freeze-dried) powder, beetroot powder, blackcurrant extract, celery seed powder, chlorella powder, cinnamon powder, dandelion leaf extract, fenugreek powder, green tea extract, montmorency cherry powder, parsley piert powder, spinach powder, spirulina powder
*Contains 90% hemp protein and 10% beneficial herbs and superfoods.

Nutritional information per 100g

Energy 1457kj/348 kcal; protein 46.4g; carbohydrate 8.8g, of which sugar 6.9g; fat 10.5g, of which saturates 1.1g, monounsaturates 1.1g, polyunsaturates 7.6g; fibre 16.3g; sodium 0.0g

