

IsaCrunch®

Add maximum nutrition to your meals! IsaCrunch is a protein-rich food with omgea-3 and omega-6 essential fatty acids to give you the energy you need to seize the day.



Reasons why IsaCrunch is one of nature's perfect foods:

- IsaCrunch contains hulled hemp seed, a highly nutritious protein comprised of healthy fats and all nine essential amino acids, which can help give you the energy you need to seize the day. Each serving of IsaCrunch provides 3 grams of protein.
- The hulled hemp seed in IsaCrunch contains the ideal ratio of omega-3 and omega-6 essential fatty acids, which can help protect cardiovascular health and give you lasting energy.*
- IsaCrunch contains fiber, which improves digestive regularity. The hemp seed in IsaCrunch is very easily digested and won't upset natural body chemistry.
- IsaCrunch can be used in just about every kind of food to add nutrition and a wholesome, nutty taste. Eat it right out of the container or add it to IsaLean® Shakes, IsaLean® Soups, yogurt or salads for a delicious crunch.
- IsaCrunch is naturally THC-free.

Nutrition Facts	
Serving Size 3 tsp. (9 g)	Servings per Container 30
Amount per Serving	
Calories 50	Calories from Fat 30
	% Daily Value*
Total Fat 4 g	6%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Polyunsaturated 3 g	
Monounsaturated 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Potassium 75 mg	2%
Total Carbohydrate 1 g	0%
Sugars 0 g	
Protein 3 g	6%
Omega 6 (linoleic acid) 2.3 g	†
GLA (gamma-linolenic acid) 171 mg	†
Omega 3 (alpha-linolenic acid) 800 mg	†
Omega 9 (oleic acid) 315 mg	†
Not a significant source of dietary fiber, vitamin A, vitamin C and calcium.	
† Daily Value not established	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65 g 80 g
Sat. Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram	
Fat - 9 • Carbohydrates - 4 • Protein - 4	

IsaCrunch®

Frequently Asked Questions

How is IsaCrunch unique?

IsaCrunch contains hulled hemp seeds — whole seeds without the outer shell — which are a highly nutritious plant protein comprised of healthy fats and all nine essential amino acids that can help give you lasting energy to seize the day. A serving of IsaCrunch contains the ideal ratio of omega-3 and omega-6 essential fatty acids, which can help protect cardiovascular health. IsaCrunch also contains fiber, which improves digestive regularity.*

Why is IsaCrunch important to the body?

Hemp seeds contain all the essential amino acids and essential fatty acids necessary to maintain ideal health. IsaCrunch contains the ideal ratio of omega-3 and omega-6 essential fatty acids, which can help protect cardiovascular health and ease joint pain.* It has also been theorized that the ancestral hunter-gatherer diet provided a 3:1 ratio of omega-6 linolenic acid to omega-3 linoleic acid, a ratio considered optimum for overall health.

How do I use IsaCrunch?

Enjoy IsaCrunch as a tasty, nutty-flavored snack directly out of the container or add it to soups, yogurt, salads or anything you want for a delicious and nutritious protein crunch. Best used as part of your Isagenix® program. Great for adults and children ages 4 and up!

What does IsaCrunch hemp seed taste like?

IsaCrunch hulled hemp seed has a crisp, wholesome nutty flavor — similar to sunflower seeds.

What makes hemp seed protein superior and highly digestible?

Hemp seed protein is efficient to digest being one third edestin and two-thirds albumin (containing all nine essential amino acids). Hemp seed protein also contains no trypsin inhibitors that can cause upset stomach (typically found in legumes) and contains no gluten.

Are hemp and marijuana similar?

Hemp and marijuana are two of the common names used for the plant species *Cannabis sativa* L. Different cultivars of *Cannabis sativa* L. will have various levels of the psychoactive ingredient THC. The hemp we use in IsaCrunch comes from a Canadian cultivar and contains no measurable amount of THC.

Will IsaCrunch hulled hemp seed cause me to fail a drug test?

No. IsaCrunch is THC-free, 100% non-psychoactive and absolutely safe. It will not cause a person to fail a drug test over short- or long-term use.

Contact your Isagenix® Independent Associate:



*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any diseases.