



# Dehulled Hemp Seed

## Nutrition Facts

**Serving size** g (30g)

**Amount Per Serving**

**Calories** **180**

% Daily Value\*

**Total Fat** 14g **18%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

Polyunsaturated Fat 11g

Monounsaturated Fat 1.5g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 2g **1%**

Dietary Fiber 2g **7%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 10g **20%**

Vitamin D 0mcg **0%**

Calcium 20mg **2%**

Iron 3.3mg **20%**

Potassium 330mg **8%**

**\*Fat Content contains a ratio of omega essential fatty acids(omega-6 to omega-3) of 3.7 to 1.**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



### Flavor:

Sweet, Nutty, Earthy, full-bodied

### Texture:

Delicate, tender, soft, subtle-granule feel

### Common Uses:

Smoothies, Bars, As-is topping to yogurt and other dishes, garnish, cookies, soy tofu alternative, hempseed butter

### Other Attributes:

Omega-6 to Omega-3 ratio of about 3.7 to 1 (this ratio is discribed to promote various bodily health among some health professionals), rich in protein and iron





# Hemp Seed Oil



## Flavor:

Sweet, Nutty, Earthy, full-bodied

## Texture:

smooth, silky

## Common Uses:

emulsified for non-dairy creamers and milks, carrier oil in sauces and dressings, encapsulated in gel capsules as a health supplement, non-dairy ice creams and gelato

## Other Attributes:

Omega-6 to Omega-3 ratio of about 3.7 to 1 (this ratio is described to promote various bodily health among some health professionals), available in organic, smoke point is 329° F, Melt/freeze point is 18° F, available in organic

## Nutrition Facts

Serving size (14g)

Amount Per Serving

**Calories 120**

% Daily Value\*

**Total Fat 13g 17%**

Saturated Fat 1.52g 8%

Trans Fat 0g

Polyunsaturated Fat 9.49g

Monounsaturated Fat 1.65g

**Cholesterol 0mg 0%**

**Sodium 0mg 0%**

**Total Carbohydrate < 1g 0%**

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Sugar Alcohol 0g

**Protein 0g 0%**

Vitamin D 0.56mcg 2%

Calcium 0.4mg 0%

Iron 0.03mg 0%

Potassium 0.6mg 0%

Magnesium 0%

Zinc 0%

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**Order Minimum: 5 gallons**





# Hemp Protein Powder (50%)



## Flavor:

Bitter Sweet, Nutty, Earthy, full-bodied

## Texture:

Fine-Grainy-feel,

## Common Uses:

smoothies, bars, cookies, component to fry batters, and dressings, encapsulated in gel capsules as a health supplement, plant-based protein products

## Other Attributes:

Omega-6 to Omega-3 ratio of about 3.7 to 1 (this ratio is described to promote various bodily health among some health professionals), available in organic, available in 30% protein form too

## Nutrition Facts

Serving size (30g)

Amount Per Serving

**Calories 120**

% Daily Value\*

**Total Fat 3.5g** 4%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol 0mg** 0%

**Sodium 0mg** 0%

**Total Carbohydrate 8g** 3%

Dietary Fiber 7g 25%

Total Sugars 1g

Includes 0g Added Sugars 0%

Sugar Alcohol 0g

**Protein 15g** 30%

Vitamin D 0mcg 0%

Calcium 78mg 6%

Iron 6.3mg 35%

Potassium 0mg 0%

Vitamin A 0%

Vitamin C 0%

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# Whole Hemp Grain



## Flavor:

Sweet, Nutty, Earthy, full-bodied

## Texture:

crunchy, firm but chewable, soft 'meat'

## Common Uses:

Crushed for the oil for use in non-dairy creamers and milks, sauces and dressings; dehulled for the soft protein rich 'meat'; roasted and seasoned as a crunchy snack

## Other Attributes:

Omega-6 to Omega-3 ratio of about 3.7 to 1 (this ratio is described to promote various bodily health among some health professionals), rich in protein, fiber, magnesium, zinc, and iron, available in organic

## Nutrition Facts

Serving size (30g)

Amount Per Serving

**Calories 140**

% Daily Value\*

**Total Fat 8g 10%**

Saturated Fat 0.96g 5%

Trans Fat 0g

Polyunsaturated Fat 5.4g

Monounsaturated Fat 0.98g

**Cholesterol 0mg 0%**

**Sodium 0mg 0%**

**Total Carbohydrate 10g 4%**

Dietary Fiber 11g 39%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein 8g 16%**

Vitamin D 1.2mcg 6%

Calcium 45.6mg 4%

Iron 3.3mg 20%

Potassium 216mg 4%

Magnesium 25%

Zinc 15%

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