



Dehulled Hemp Seed



Nutrition Facts	
Serving size	g (30g)
Amount Per Serving	
Calories	180
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 1g	5%
<i>Trans</i> 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.	
<small>*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.</small>	

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 Protein Powder (50%)



Nutrition Facts	
Serving size	(30g)
Amount Per Serving	
Calories	120
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0g	0%
<i>Trans</i> 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%
*Fat Content contains a ratio of omega essential fatty acids(omega-6 to omega-3) of 3.7 to 1.	
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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





Hemp Seed Oil



Nutrition Facts

Serving size	(14g)
Amount Per Serving	
Calories	120
	<small>% Daily Value*</small>
Total Fat 13g	17%
Saturated Fat 1.52g	8%
<i>Trans</i> 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%

***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:

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



Order Minimum: 5 gallons



Whole Hemp Grain



Nutrition Facts	
Serving size	(30g)
Amount Per Serving	
Calories	140
	<small>% Daily Value*</small>
Total Fat 8g	10%
Saturated Fat 0.96g	5%
<i>Trans</i> 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%
*Fat Content contains a ratio of omega essential fatty acids(omega-6 to omega-3) of 3.7 to 1.	
<small>*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.</small>	

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

