

# HEMP SEEDS

NUTRITIONAL INFO: PER 2.5 TBLSPN

CALORIES 165KCAL

TOTAL FAT 13.7G

SATURATED FAT 1.4G

POLYUNSATURATED FAT 10.1G

MONOUNSATURATED FAT 2.2G

SODIUM 0MG

TOTAL CARBOHYDRATE 1.7G

DIETARY FIBER 1.1G

SUGAR <1G

PROTEIN 8.7G

## MAIN HEALTH BENEFITS:

28% OMEGA 6 - 8% OMEGA 3 - 7% OMEGA 9  
ESSENTIAL FATS THAT THE BODY CANNOT  
PRODUCE AND ARE FOUND IN PERFECT  
BALANCE IN HEMP SEEDS.

CONTAINS ALL 9 AMINO ACIDS THAT THE  
BODY NEEDS TO MAKE PROTEIN YET AGAIN  
CANNOT PRODUCE ITSELF.

FIBRE WHICH CAN REDUCE APPETITE WHICH  
ASSISTS IN WEIGHT MANAGEMENT, BALANCE  
BLOOD SUGARS & PROMOTE GUT HEALTH.

PACKED FULL OF VITAMINS & MINERALS.

OVERALL CAN ASSIST BRAIN, HEART & GUT  
HEALTH, REDUCE INFLAMMATION & IMPROVE  
SKIN CONDITIONS

