



**hempfoods**  
AUSTRALIA

HEMP FOODS AUSTRALIA PTY LTD. PO Box 1069  
MULLUMBIMBY NSW 2482 [WWW.HEMPFOODS.COM.AU](http://WWW.HEMPFOODS.COM.AU)

**Australian Hemp Farmers**  
supplying healthy nutrition  
direct to You

## HULLED HEMP SEEDS

Claimed by many to be a superfood, hemp seeds provide an excellent source of protein (30%), beneficial fatty acids (omega-3, 6 and 9) and fibre. Used in both sweet and savoury recipes including hemp milk, hemp bread, hemp ice-cream, hemp seeds are both nutritious and very tasty!

The history of Hemp Foods in Australia has not been so sweet. A multi-million dollar and successful industry throughout Europe and North America, it is understandable why some may think hemp foods are flying high. Our hulled hemp seeds do not get you high and are in fact recommended in most countries for breast-feeding mums, world class athletes and those who realise quality food is a requirement for optimal health. It is our wish that in Australia hemp seeds and hemp foods will soon become commonplace in supermarkets and health food stores. In

Australia we are proud to be the original hempfood company passionate in bringing you the best quality at most affordable prices.

### Superfood Benefits

High in quality protein - 33% protein

High in Essential Fatty Acids - omega 3, 6 and 9

Tastes great - may be eaten alone

Recipes galore - we offer hundreds of free recipes

Hemp Foods Experts - 20 years experience in industry

Certified Organic | Raw | Vegan | Not irradiated

The nutritional benefits of oil with longer shelf-life, wider appeal and thousands of uses in foods.

### Free To Be Healthy

\* please contact your representative for pricing structure  
Wholesale, Bulk and Distributor and export welcome  
We are Australian Hemp Farmers and have growing friends on every continent of the world.

[info@hempfoods.com.au](mailto:info@hempfoods.com.au)

# NUTRITION PROFILE

## Hulled Hemp Seed Nutritional Analysis

	Unit			
Saturated Fat	g/100g	5.06	Butyric Acid	% GFS <0.1
Mono-unsaturated Fat	g/100g OS	6.31	Cauroic Acid	% GFS <0.1
Polyunsaturated Fat	g/100g OS	34.2	Caprylic Acid	% GFS <0.1
Trans Fat	g/100g OS	0	Capric Acid	% GFS <0.1
Carbohydrate	g/100g OS	6.7	Lauric Acid	% GFS <0.1
Fat	g/100g OS	51.63	Myristic Acid	% GFS 0
Dry Matter	g/100g	93.6	Palmitic Acid	% GFS 6.3
<b>Protein</b>	g/100g	<b>31.1</b>	Palmitoleic Acid	% GFS 0.1
Minerals	g/100g	4.17	Stearic Acid	% GFS 3.4
Iron	mg/100g	4.7	Oleic Acid	% GFS 13.4
			<b>Linoleic Acid (omega-3)</b>	% GFS <b>58.2</b>
			<b>Linolenic Acid (omega-6)</b>	% GFS <b>16.8</b>
			<b>Gamma Linolenic Acid (GLA)</b>	% GFS <b>2.41</b>
			Arachidic Acid	% GFS 0.6
			Beheric Acid	% GFS 0.4
			C22:1 Fatty Acid	% GFS <0.1
			C24:0 Fatty Acid	% GFS 0.1

visit us at [www.hempfoods.com.au](http://www.hempfoods.com.au) for more nutritional information and FREE recipes

[info@hempfoods.com.au](mailto:info@hempfoods.com.au)



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