

Vegetarian • Vegan • Paleo • ACO Certified Organic • Non GMO • Plant Based • Gluten Free
Raw • Natural • Hypoallergenic • Soy Free • Low Sugar • Whole "Super" Food



ORGANIC HEMP SEEDS

Product Information

Hemp Seeds are highly nutritious and exceptionally rich in healthy fats, protein, and various minerals. Their mild, nutty flavor makes an excellent addition to any food, and they can be consumed directly without soaking, grinding or heating.

Health Benefits:

- Complete & Highly Digestible Protein (30% Protein)
- Contains all 9 essential amino acids
- Plant based source of Omega 3, 6, 9
- Rich in minerals, vitamins and anti-oxidants
- Edible Source of GLA – not found in fish, soy, flax, or chia
- Hypoallergenic
- 5 Star Health Rating

Features:

- More Omega's than any other food
- 'Super' Food - high nutrition content
- Naturally low in carbs, sugar & salt
- Mild Nutty Taste
- Soft, easy to digest – don't require milling or soaking to eat
- Rich in Vitamin E Antioxidant
- Highly versatile – pair with any meal
- Free From GMO, dairy, soy, gluten

How To Use Hemp Seeds:

So versatile and easy to use: sprinkle on your next meal or salad, eat raw or mix into muesli / yoghurt / smoothies / porridge... our favourite is sprinkled over smashed avo on toast!



Click or Scan QR Code for Educational Video

For more info and recipe ideas visit
www.hempfoods.com.au

@HempFoodsAustralia

Nutrition Facts

Servings per Package: 114g = 4, 250=9, 1kg=35serves
Serving size: 28g (3 tbspn)

	Quantity per 28g serving	%NDI* %NRDI	Quantity per 100g
Energy KJ	698	8%	2490
Protein	9g	18%	31.3g
Fat, total	14g	20%	49g
Saturated Fat	1.5g	6.30%	5.2g
Trans Fat	0mg	+	0mg
Polyunsaturated	10.1g	+	36.2g
Omega 3 (ALA)	2.24g	172% (AI)	8g
Omega 6 (LA)	7.78g	59.8%(AI)	27.8g
Omega 6 (GLA)	78mg	+	278mg
Monounsaturated	2.1g	+	7.5g
Cholesterol	0g	+	0
Carbohydrate	1.68g	0.5%	6g
Sugars	1g	1%	2g
Fibre	1.18g	4%	4.2 g
Sodium	0mg	0	0
Potassium	263mg	+	940 mg
Vitamin E	1 mg	10%	2.6 mg
Niacin	1mg	10%	1.8 mg
Folate	44.8 µg	22%	160 µg
Iron	3mg	25%	11 mg
Phosphorus	308mg	31%	1100 mg
Zinc	2.3 mg	19%	8.1 mg

*Percentage daily intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending upon your energy needs. AI= Adequate Intake (Nutrient Reference Values for Australia and New Zealand). +Daily value not established

