Hemp Foods

## Your guide to Plant Based Nutrition





Hemp Foods Australia has been championing the extraordinary health and environmental benefits of hemp long before it's legislation in Australia.

Sourcing the best possible hemp from Australia and around the world, we are committed to providing 100% all-natural and certified organic ingredients. Our aim is to deliver the most premium, nutritional products possible to make Australians healthier, inside and out.

Hemp Foods Australia exists to make a positive difference to people, communities and the planet. With the long term goal of building the organic, hemp farming industry in Australia.









# **Hemp Seeds**

Add hemp to your daily diet for unsurpassed nutritional benefits including Omega 3, 6 and 9, vitamins & minerals and antioxidants. Hemp is a nutritional powerhouse, with the seeds containing 31% protein and loaded with 43% Omega fatty acids.

- Shelled & Ready to use
- GMO Free
- 100% Vegan
- Naturally Low in Sugar

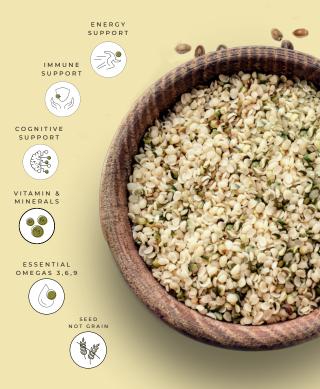


## Hemp & Your Health

Provides all 9 essential amino acids (which can't be produced by the body) for vital tissue repair and nutrient absorption.

#### Suggested use:

Sprinkle over any meal to boost nutrition.



### Hemp Gold<sup>®</sup> Protein

Armed with a complete amino acid profile, this natural plant-based protein is made with Hemp Gold® containing 60% protein, it is easy to digest and good for your gut. A guilt free energy boost with a smooth creamy texture, it is the perfect grain free protein powder.

- 60% Proteir
- Naturally Low In Suga
- Easy to Digest
- 100% Vegan
- ACO Certified
- Good source of iron, magnesium, and zine



### Balanced Nutrition

Includes all 9 essential amino acids for building muscle and regulating immune function.

#### Suggested use

Add to smoothies, breakfast bowls or to baking.



### Hemp Gold<sup>®</sup> Seed Oil

Hemp Gold\* is made by cold pressing hulled hemp seeds, creating a lighter colour and taste than traditional green hemp seed oil-making it a great addition to dressings, sauces, shakes and dips. Hemp Seed Oil is a natural source of plant based Essential Omega 3 & 6. Drizzle over a finished dish to add a delicious and delicate nutty flavour to any meal.

- · Extra mild flavourr
- Family safe
- Perfect for a 'Clean Eating' lifestyle
- · Contains 90% Omega fatty acids
- · No cholesterol or trans fat
- · 3480mg of Omega 3 (ALA) per serve
- Contains over 100% of the daily recommendation of Vitamin E per serve
- Contributes to cell protection from free radical damage



### Balanced Omega Oil

Loaded with Vitamin E antioxidants and cholesterol fighting phytosterols.

#### Suggested use:

Drizzle over salads, as a dressing or use topically, directly on the skin.



### Hemp Protein Shakes

made with Hemp Gold® is easy to digest and good for your gut. A guilt free energy boost with a smooth creamy texture, it is

- ACO Certified Organic
- Dairy Free
- Vegan Friendly
- Easy to Digest
- Gut friendly
- Grain free protein
- Creamy texture
- · Complete amino acid profile



#### **Flavourful** & Functional

#### Suggested use:













VEGAN



CERTIFIED ORGANIC & 100% NATURAL





Hemp food supports...

inflammation skin brains immunity recovery energy hearts weight loss exercise families vegans gut health

#### Hear what our customers have to say!

We know you will love hemp foods, but don't just take our word for it, read the hundreds of reviews from happy customers who tell us every day. We pride ourselves on listening to customers and ensuring the highest levels of quality and taste.





Amanda Q + + + + + ( Verified Reviewer)

Nice soft green and off white in colour, high in natural oils with mild nutty hemp flavour similar to pine nuts or sunflower seeds



Anonymous \*\* \* \* \* \* ( Verified Reviewer )

Good quality Australian Grown hemp seeds. Although I would usually choose organic if available, I was confident enough in your farming practices and business principles to choose home grown conventional over imported organic.



Ross S \*\* \* \* \* \* \* \* \* \* \* \* \* \* \* \* Verified Reviewer

Have been using this product for many years now, originally from Bangalow outlet, just love it



Ruth B \* \* \* \* \* \* \* O Verified Reviewer

so delish, smooth nutty and so easy to use with so many foods.



Jaqui O \* \* \* \* \* \* \* \* \* Verified Reviewer

Great stuff! Use as moisturiser every day after shower & give to my dog! Keeps him healthy &



Heather M ★★★★★ Ø Verified Reviewer

Real chocolate flavour with no bitter taste. Shakes are smooth & silky with blended berries...YUM....III



David R \* \* \* \* \* \* ( Verified Reviewer)

I use this daily and love it, it also makes a great topping on my fruit and yogurt desserts and well as it makes a great chocolate drink



Robyne G \* \* \* \* \* \* \* ( Verified Reviewer)

Love the taste, the consistency and the fact it is organic! Such a great addition to my



Anonymous \*\*\*\*

Great protein, suitable for AIP and kid who is allergic to most things does not react to it. Taste is great too. Delivery was quick.



Anonymous \* \* \* \* \* \* \* \* O Verified Reviewer

Great because finally a product without the fillers, sugars etc. just natural hemp very smooth used in shakes, smoothie and chia puddings. Will order again thanks, and love the omega 3



hi everyone awsome product very tasty and healthy great value for money love putting them in my protein drinks



Dana P ★★★★ ★ Serified Reviewer

Just love your Hemp Seeds. So tasty and nutritional. Add to smoothies. Sprinkle on salads and everything else Clean energising food. Thank you Hemp Foods for a delicious product.

Hemp Foods

Tag and share your hemp creations with us

🔞 @hempfoodsaustralia

www.hempfoods.com.au