

Nutritional Analysis

Typical Analysis
Amounts per 100g

Dehulled Hemp Seeds



AUSTRALIAN
CERTIFIED
ORGANIC 11469

Branched Chain Aminos (BCAA)

	per 25g serve	per 100g
Leucine	0.51g	2.04g
Isoleucine	0.29g	1.15g
Valine	0.37g	1.47g

	per serve (25g)	per 100g
Energy	640kj	2560kj
Protein	8g	32g
Total Fat	13g	52g
Saturated Fat	1g	4g
Omega 6 GLA	0.5g	2g
Omega 6 LA	7.3g	29.2g
Omega 3 ALA	2.5g	10g
Omega 9 OA	1.32g	5.27g
Total Carbohydrate	1.25g	5g
Sugars	0.25g	1g
Sodium	0mg	0mg
Fiber	1g	4g
Cholesterol	0mg	0mg
Potassium	300mg	1200mg
Vitamin E	140ug	560ug
Vitamin B1	247.5ug	990ug
Vitamin B2	41.25ug	165ug
Vitamin B3	1.4mg	5.6mg
Vitamin B6	165ug	660ug
Folate	40ug	160ug
Calcium	15mg	60mg
Iron	2.6mg	10.4mg
Zinc	3.03mg	12.1mg
Magnesium	259mg	1036mg



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