

HEMP SEED OIL

FOOD4CHANGE

Our hemp seed is sourced from both conventional and organic growers across Canada where hemp production has been allowed since 1998. All of our hempseed products are manufactured from varieties of Cannabis Sativa that do not contain significant amounts of THC, the psychoactive element present in the cannabis plant. After cold-pressing the hemp seed, our oil is then filtered to ensure the best clarity possible.

Quick Facts:

- High in polyunsaturated essential fatty acids, with an ideal ratio of omega-3 and omega-6
- Non-GMO, gluten and allergen free
- Good source of vitamin E
- Light nutty taste
- Supplement quality product ideal for encapsulation
- Smoke point of 150C
- Ideal as an ingredient in smoothies, dairy-free milk beverages, and juices

Nutrition Facts

Serving Size 1 tbsp (15mL)

Amount Per Serving

Calories **121**

% Daily Value*

Total Fat 13g	20%
Saturated Fat 1g	8%
Polyunsaturated Fat 10g	
Omega-6 8g	
Omega-3 2g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Carbohydrate 1g	1%
Fibre 0g	0%
Sugars 0g	0%
Protein 0g	0%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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