

CUSTOMER INFORMATION POINTS

HEMP FOOD PRODUCTS

The humble hemp seed has a history dating back thousands of years with many and varied uses for this dynamic plant that can grow virtually anywhere in the world in any situation without the use of chemical pesticides or fertilizers making it one of nature's truly sustainable sources of textiles, paper, rope, biofuel and nutrition.

It is the nutrition aspect that is particularly interesting to humans, as recent research has found that hemp seed provides a perfect balance of Omega 3's and 6's required for sustainable human health, as well as being rich in other nutrients.

Here are a few key points:

Complete amino acid spectrum makes hemp a protein rich seed.

Hemp seed protein is easily digested by humans.

Full trace mineral spectrum.

High vitamin content as well as calcium, phosphorous, iron, magnesium, zinc, copper, manganese and other minerals.

Perfect ratio of Omega 3's and 6's (19% alpha-linolenic acid, 57% linoleic acid, 1.7% gamma-linolenic acid).

"Nature's most perfectly balanced oil" – Udo Erasmus.

Vegan, Gluten free, GM free, Organic, Raw.



The Importance of being Raw

In order to maintain optimum nutrition it is very important that the hemp seed is treated correctly. The hemp seed and especially its essential fatty acids are volatile and easily damaged, especially by heat, light and oxygen. Here are a few key Customer Information Points:

Hemp seed should always be eaten raw – never cooked.

Hemp food products should be stored in cool, dark conditions preferably in the fridge.

De-hulled hemp seeds and hemp seed oil should be used within a month of opening.

Hemp seed oil should be nitrogen flushed (to remove oxygen), bottled in dark bottles, sealed and kept chilled.

Hemp seed protein powder is hemp seed with the fat extracted, resulting in a higher protein, lower fat ratio.

The hemp seed milk maker is the most effective way to harness the full impact of the essential fatty acids if consumed within minutes of being made.

The Raw Food Bars are pressed into shape rather than heated, retaining a higher level of nutrients than most snack bars on the market which are cooked.

