

### **Realhemp Toasted Hemp Seeds are a Nutritious and Crunchy Snack**

Realhemp whole toasted hemp seeds are a delicious and nutritious way to add dietary fiber and protein into a daily diet. They are the perfect health snack providing 15g of dietary fiber in every 50g serving and can easily be incorporated into any recipe for additional texture and nutrients.

Over 90% of the fiber in hemp is insoluble fiber and is extremely important for a balanced digestive system; allowing for the better absorption of daily nutrients.

## Features

Realhemp whole toasted hemp seeds can be consumed by the handful for easy delicious snacking or added to any recipe for added nutrients and texture.

Every 50g serving provides 15g of dietary fiber and 13g of protein and provides an important source of calcium and phosphorous which are the most abundant macro nutrients found in the human body, essential for bone formation and DNA/RNA production.

Realhemp whole toasted hemp seeds also contain high amounts of Omega-6 and Omega-3 essential fatty acids, vitamin E, vitamin B2, vitamin B1, vitamin B3, vitamin B6 and vitamin B9 and what is called the "the essential trio" of nutrients: copper, iron and zinc.

## Availability

Realhemp toasted hemp seeds are available in bulk wholesale quantities of 22.7kg (50lb) grain bags, 91kg (200lb) fiber drums and 907.2kg (2000lb) mini bulk tote bags.

## Nutrition Facts

Product of Canada		HS Code: 2008.19.9090	
Brand name	Realhemp Toasted Hemp seed (unsalted)		
Color & appearance	Grayish-brown toasted seeds		
Flavor & Odor	Slight nutty flavor and odor		
Purity	Seed cleaned to 99% purity		
Food use	Edible food ingredient		
Packaging	50 lb bag, 200lb fiber drum, or 2000lb mini bulk tote bags		
Shelf life	14 months from the date of manufacture		
Storage	Keep stored in a cool dry place (<20°C) away from heat or sunlight. Humidity between 30-50%		
Accreditation	OU Kosher and Halal certified. Available as Certified Organic under Canada Organic Regime, Quebec Organic Reference Standard, USDA NOP and EC Regulation 834/07 and 889/08, JAS		

  

Nutrition Facts (Per 100g serving)			
Amount	% Daily Value		
Calories	550 (2300kj)		
Calories from Fat	320 (1350kj)		
<b>Total Fat 36g</b>	<b>55%</b>		
Saturated 3g	15%		
+Trans 0g			
Polyunsaturated 27g			
Omega-6 20g			
Omega-3 7g			
Monounsaturated 4g			
<b>Cholesterol 0mg</b>	<b>0%</b>		
<b>Sodium 0mg</b>	<b>0%</b>		
<b>Potassium 760mg</b>	<b>22%</b>		
<b>Carbohydrate 31g</b>	<b>10%</b>		
Dietary Fiber 29g	116%		
Soluble Fiber 2g			
Insoluble Fiber 27g			
Sugar 2g			
<b>Protein 26g</b>			
Vitamin A	0%		
Vitamin C	0%		
Calcium	10%		
Iron	90%		
Vitamin E	20%		
Thiamine	45%		
Riboflavin	20%		
Niacin	40%		
Vitamin B6	40%		
Folate	70%		
Phosphorus	90%		
Magnesium	170%		
Zinc	70%		
Copper	90%		
Manganese	600%		
* Percent Daily Values are based on a 2,000 Calories diet. Your daily values may be higher or lower depending on your Calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat + Trans	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium Less than		3,500mg	3,500mg
Total carbohydrate		300g	375g
Dietary Fiber		25g	30g
<b>Calories per gram</b>			
Fat 9		Carbohydrates 4	Protein 4

  

Fatty Acid Profile per 100g Toasted Hemp Seed			
Fatty Acid	Weight (g)	Percent (%) of total Fat	
Linoleic acid (LA) (Omega 6)	20.14	56.08	
Alpha linolenic acid (ALA) (Omega 3)	6.29	17.51	
Oleic acid (Omega 9)	3.80	10.58	
Palmitic acid	2.15	5.99	
Gamma linolenic acid (GLA) (Omega 6)	1.45	4.04	
Stearic acid	0.83	2.31	
Stearidonic acid (SDA) (Omega 3)	0.41	1.14	
Arachidic acid	0.29	0.81	
Conjugated linoleic acid (CLA)	0.16	0.45	
C18:1 cis-isomers	0.13	0.36	
Behenic acid	0.11	0.31	
C20 cis -11-eicosenoic	0.10	0.28	
Lignoceric acid	0.05	0.14	

  

Amino Acid	Weight (g)	Amino Acid	Weight (g)	Amino Acid	Weight (g)
Aspartic acid	2.43	Tyrosine	0.74	Cysteine	0.45
Serine	1.21	Histidine	0.64	Methionine	0.59
Proline	0.89	Arginine	2.82	Leucine	1.61
Alanine	1.03	Theronine	0.83	Phenylalanine	1.09
Valine	1.16	Glutamic acid	4.42	Lysine	0.89
Isoleucine	0.91	Glycine	1.06	Tryptophan	0.20

  

Ingredients: 100% Canadian, toasted or sterilized hemp seed  
 Protein Digestibility: 85%  
 PDCAAS: 0.51  
 Amino Acid Score: 0.60  
 Net Protein Efficiency Ratio: 0.65

Please contact #Realhemp for more information or to place an order by calling 1-888-781-1235 or reach us via email at info@realhemp.