



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				

Product Specification & Micro Analysis					
Calories	550 cal. per 100g				
Fat	35-37%				
Carbohydrates	30-32%				
Protein	25-27%				
Ash	4-6%				
Moisture	2-5%				
Standard Plate Count	Less than 300,000 cfu/g				
Total Coliforms	<1000 cfu/g				
Yeast & Mold	<1000 cfu/g				
E.coli	Negative (<10 cfu/g)				

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

Nutrition Facts (Per 100g serving)				
Amount		% Daily Value		
Calories		550 (2300kJ)		
Calories from Fat		320 (1350kJ)		
Total Fat 36g		55%		
Saturated 3g		15%		
+Trans 0g				
Polyunsaturated 27g				
Omega-6 20g				
Omega-3 7g				
Monounsaturated 4g				
Cholesterol 0mg		0%		
Sodium 0mg		0%		
Potassium 760mg		22%		
Carbohydrate 31g		10%		
Dietary Fiber 29g		116%		
Soluble Fiber 2g				
Insoluble Fiber 27g				
Sugar 2g				
Protein 26g				
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	
Calories per gram				
Fat 9		Carbohydrates 4	Protein 4	

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

For more information or to place an order please call 1-888-781-1235 or reach us via email at info@realhemp.com
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