



**Realhemp™ Flour is  
a Bakers' Delight!  
A Versatile & Flavorful  
Flour Alternative.**

Realhemp™ flour is naturally gluten-free, lactose-free and soy-free. Completely natural and plant-based, Realhemp™ flour is perfect for vegans, vegetarians and clean eating lifestyles.

## Features

Realhemp™ flour is the only gluten-free flour alternative that provides all of the following important ingredients: protein, fiber, iron, folate and the essential fatty acids Omega-3 and Omega-6.

One hundred grams (3 1/2 ounces) of Realhemp™ flour will provide all the Recommended Daily Allowance of folate for children, 70% of the RDA for adults and approximately 1/2 of the RDA for pregnant and nursing women. Adding in toasted or hulled hemp seeds is a perfect way to increase folate levels even more.

Realhemp™ flour can be easily blended with other flour ingredients instantly boosting any recipe's nutritional value. We recommend a ratio of 1/3 Realhemp™ flour for normal breads and up to 100% for flat breads and chips etc.

## Availability

Realhemp™ flour is 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: 2306.99.0130		Amino Acid		Weight (g)		Amino Acid		Weight (g)		Amino Acid		Weight (g)																							
Brand name	Realhemp™ Flour	Aspartic acid	3.3	Tyrosine	0.886	Cysteine	0.575	Serine	1.6	Histidine	0.856	Methionine	0.73	Proline	1.22	Arginine	3.626	Leucine	2.172	Alanine	1.394	Threonine	1.107	Phenylalanine	1.499	Valine	1.581	Glutamic acid	5.846	Lysine	1.192	Isoleucine	1.243	Glycine	1.419	Tryptophan	0.288
Colour & appearance	Light green, finely ground flour	<b>Nutrition Facts (Per 100g serving)</b>																																			
Flavour & Odour	Slight nutty flavor and odor	<b>Amount</b>																																			
Purity	Seed cleaned to 99% purity	<b>% Daily Value</b>																																			
Food use	Edible food ingredient to boost protein content & dietary fiber	Calories 400 (1670kJ)																																			
Packaging	50 lb bags and mini bulk tote bags	Calories from Fat 80 (330kJ)																																			
Shelf life	14 months from the date of manufacture	<b>Total Fat 9g</b> 14%																																			
Storage	Keep stored in a cool dry place (<20°C) away from heat or sunlight. Humidity between 30-50%	Saturated 1g																																			
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	+Trans 0g																																			
		Polyunsaturated 7g																																			
		Omega-6 5g																																			
		Omega-3 2g																																			
		Monounsaturated 1g																																			
		<b>Cholesterol 0mg</b> 0%																																			
		<b>Sodium 0mg</b> 0%																																			
		<b>Potassium 860mg</b> 25%																																			
		<b>Carbohydrate 45g</b> 15%																																			
		Dietary Fiber 41g																																			
		Soluble Fiber 2g																																			
		Insoluble Fiber 39g																																			
		Sugar 2g																																			
		<b>Protein 33g</b>																																			
		Vitamin A 0%																																			
		Vitamin C 0%																																			
		Calcium 15%																																			
		Iron 110%																																			
		Vitamin E 6%																																			
		Thiamine 70%																																			
		Riboflavin 20%																																			
		Niacin 45%																																			
		Vitamin B6 60%																																			
		Folate 70%																																			
		Phosphorus 90%																																			
		Magnesium 190%																																			
		Zinc 80%																																			
		Copper 100%																																			
		Manganese 650%																																			
		* 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																																			
<b>Product Specification &amp; Micro Analysis</b>																																					
Calories	400 cal. per 100g																																				
Fat	8-10%																																				
Carbohydrates	45-48%																																				
Protein	33-37%																																				
Ash	5-7%																																				
Moisture	5-11%																																				
Standard Plate Count	Less than 300,000 cfu/g																																				
Total Coliforms	<500 cfu/g																																				
Yeast & Mold	<1000 cfu/g																																				
E.coli	Negative (<10 cfu/g)																																				
<b>Fatty Acid Profile per 100g of Hemp Flour</b>																																					
Fatty Acid	Weight (g)	Percent (%) of total Fat																																			
Linoleic acid (LA) (Omega 6)	5.31	56.13																																			
Alpha linolenic acid (ALA) (Omega 3)	1.66	17.54																																			
Oleic acid (Omega 9)	0.96	10.15																																			
Palmitic acid	0.60	6.34																																			
Gamma linolenic acid (GLA) (Omega 6)	0.38	4.01																																			
Stearic acid	0.22	2.33																																			
Stearidonic acid (SDA) (Omega 3)	0.11	1.16																																			
Arachidic acid	0.08	0.85																																			
Conjugated linoleic acid (CLA)	0.04	0.42																																			
C18:1 cis-isomers	0.03	0.32																																			
C20 cis -11-eicosenoic	0.03	0.32																																			
Behenic acid	0.03	0.32																																			
Lignoceric acid	0.01	0.11																																			
<b>Other</b>																																					
Free fatty acids	0-2.0% (as Oleic acid)																																				
Peroxide value	0-4.0 meq/kg																																				
Beta-carotene	64.5 IU/100g																																				
Cholesterol	0g																																				
pH value:	6.41																																				
THC content - limit of detection	4 ppm																																				
Gluten - limit of detection	5 ppm																																				
Volatiles impurities (below USP requirements)	Trace																																				

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

Realhemp™ is a registered trademark of Real Hemp LLC, a wholly owned subsidiary of Stevia Corp. (OTC: STEV)