



**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.

Only one cup of Realhemp™ flour will provide the Recommended Daily Allowance of folate for children, 1/2 of the RDA for adults and 1/3 for pregnant or 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 and we recommend a ratio of 1/3 Realhemp™ flour.

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	
Brand name	Realhemp™ Flour		
Colour & appearance	Light green, finely ground flour		
Flavour & Odour	Slight nutty flavor and odor		
Purity	Seed cleaned to 99% purity		
Food use	Edible food ingredient to boost protein content & dietary fiber		
Packaging	50 lb bags and 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	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	<1000 cfu/g				
Yeast & Mold	<1000 cfu/g				
E.coli	Negative (<10 cfu/g)				

Fatty Acid Profile per 100g of Hemp Flour		
Fatty Acid	Weight (g)	Percent (%) of total Fat
Linoleic acid (LA) (Omega 6)	29.21	56.77
Alpha linolenic acid (ALA) (Omega 3)	9.34	18.15
Oleic acid (Omega 9)	5.27	10.24
Palmitic acid	2.71	5.27
Gamma linolenic acid (GLA) (Omega 6)	1.98	3.85
Stearic acid	1.21	2.35
Stearidonic acid (SDA) (Omega 3)	0.64	1.25
Arachidic acid	0.39	0.76
Conjugated linoleic acid (CLA)	0.21	0.41
C18:1 cis-isomers	0.17	0.33
C20 cis -11-eicosenoic	0.13	0.25
Behenic acid	0.13	0.25
Lignoceric acid	0.06	0.12

Other	
Free fatty acids	0-2.0% (as Oleic acid)
Peroxide value	0-4.0 meq/kg
Beta-carotene	0%
Cholesterol	54.7 IU/100g
pH value:	6.41
THC content - limit of detection	4 ppm
Gluten - limit of detection	5 ppm
Volatile impurities (below USP requirements)	Trace

Amino Acid	Weight (g)	Amino Acid	Weight (g)	Amino Acid	Weight (g)
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	Theronine	1.107	Phenylalanine	1.499
Valine	1.581	Glutamic acid	5.846	Lysine	1.192
Isoleucine	1.243	Glycine	1.419	Tryptophan	0.288

Nutrition Facts (Per 100g serving)	
Amount	% Daily Value
Calories	400 (1670kJ)
Calories from Fat	80 (380kJ)
Total Fat 9%	14%
Saturated 1g	5%
+Trans 0g	
Polyunsaturated 7g	
Omega-6 5g	
Omega-3 2g	
Monounsaturated 1g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 860mg	25%
Carbohydrate 45g	15%
Dietary Fiber 2g	164%
Soluble Fiber 0g	
Insoluble Fiber 2g	
Sugar 2g	
Protein 33g	
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
Calories per gram	
Fat 9	Carbohydrates 4 Protein 4

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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