

### **Realhemp™ Quality Hulled Hemp Seeds are Called A Super Food for a Reason**

Realhemp™ Hulled Hemp Seeds are the inner meat (nut) of the hemp seed and contain about 33% protein and 40% oil and have a soft texture with a mild nutty flavor. They are highly nutritious packing a complete protein with all nine essential amino acids together with a rich source of polyunsaturated essential fatty acids featuring a perfect 3:1 ratio of Omega-6 to Omega-3.

Realhemp™ Hulled Hemp Seeds are extremely easy to incorporate into a daily food regimen. They can easily be eaten by the handful as a snack, sprinkled on cereals, salads or yogurt, incorporated into power drinks and smoothies, added to fruits or vegetables or also used in any type of dressing, sauce or marinade. Realhemp™ Hearts are also a perfect nutritious addition to any cooking recipe.

## Features

Realhemp™ Hulled Hemp Seeds are a convenient and delicious way to enjoy all the nutritional benefits that nature has to provide.

Three tablespoons of Realhemp™ Hulled Hemp Seeds (30g) provide 10g of protein, 10g of polyunsaturated essential fatty acids, 600mg Gamma Linolenic Acid and zero trans fat. They are free from gluten, cholesterol, nuts, sodium and lactose.

They feature a perfect 3:1 ratio of Omega-6 to Omega-3, an essential requirement for peak nutrition and are also a source of the rare Gamma Linolenic Acid (GLA), an essential fatty acid not naturally produced by the body.

**Process:** No heat or chemicals are used to process Realhemp™ Hulled Hemp Seeds.

## Availability

Realhemp™ hulled hemp seeds are available in bulk wholesale quantities of 22.7kg (50lb) grain bags, 113.5kg (250lb) fiber drums, and 907.2kg (2000lb) mini bulk tote bags.

## Nutrition Facts

Product of Canada		HS Code: 1207.99.0230	
Brand name	Realhemp™ Hulled Hemp Seeds		
Color & appearance	Small, white nuts with some green skin flecks		
Flavor & Odor	Slight nutty flavor and odor		
Purity	Seed cleaned to 99% purity		
Food use	Edible food ingredient to use as a snack, sprinkle or for baking.		
Packaging	50lb bag, 250lb fiber drum, 2000lb 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	578-630 cal. per 100g
Fat	44-54%
Carbohydrates	2-5%
Protein	31-38%
Ash	5-8%
Moisture	4-9%
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)
Salmonella	Negative in 25 g

  

Fatty Acid Profile per 100g of hulled hemp seed		
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

  

Ingredients: 100% Canadian hulled hemp seed	
Protein Digestibility	95%
PDCAAS	0.61
Amino Acid Score	0.64
Net Protein Efficiency Ratio	0.75

  

Amino Acid	Weight (g)	Amino Acid	Weight (g)	Amino Acid	Weight (g)
Aspartic acid	3.09	Tyrosine	0.94	Cysteine	0.57
Serine	1.54	Histidine	0.82	Methionine	0.75
Proline	1.13	Arginine	3.58	Leucine	2.04
Alanine	1.30	Theronine	1.05	Phenylalanine	1.39
Valine	1.47	Glutamic acid	5.61	Lysine	1.13
Isoleucine	1.15	Glycine	1.35	Tryptophan	0.25

  

Nutrition Facts (Per 100g serving)	
Amount	% Daily Value
Calories	610 (2560kJ)
Calories from Fat	460 (1940kJ)
<b>Total Fat 52%</b>	<b>80%</b>
Saturated 4g	20%
+Trans 0g	
Polyunsaturated 40g	
Omega-6 29g	
Omega-3 10g	
Monounsaturated 5g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Potassium 1200mg</b>	<b>34%</b>
<b>Carbohydrate 5g</b>	<b>2%</b>
Dietary Fiber 2g	8%
Soluble Fiber 0g	
Insoluble Fiber 2g	
Sugar 1g	
<b>Protein 32g</b>	
Vitamin A	0%
Vitamin C	0%
Calcium	6%
Iron	80%
Vitamin E	8%
Thiamine	90%
Riboflavin	15%
Niacin	40%
Vitamin B6	60%
Folate	50%
Phosphorus	150%
Magnesium	280%
Zinc	110%
Copper	80%
Manganese	380%
* 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

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)  
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