



Hemp Oil Capsules

Food supplement containing hemp oil, and vitamins C and B

Useful information:

Hemp oil, also called hemp seed oil, is obtained from the seeds of the cannabis plant (*Cannabis sativa* L.) by gentle cold pressing. Since hemp oil contains many valuable plant substances and is characterised in particular by a high content of polyunsaturated, especially omega-3 fatty acids, it is becoming increasingly popular. The vitamins in hemp oil capsules by Sanct Bernhard support energy metabolism, neurotransmitter metabolism and mental performance. Bones and joints also benefit from the added vitamin C.

- Pantothenic acid (vitamin B5) contributes to normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters, as well as normal mental performance and energy metabolism.
- Thiamine (vitamin B1) contributes to normal functioning of the nervous system and normal energy metabolism.
- Vitamin C contributes towards normal production of collagen for a healthy bone and cartilage function.

Ingredients: Hemp Oil (63 %), Gelatine, Glycerine (humectant), Vitamin C, Iron Oxide (colouring agent), Calcium-D-Pantothenate, Silicon Dioxide (thickening agent), Antioxidant Extracts containing strong tocopherols, Vitamin B1 Mononitrate, Vitamin B12.

	per capsule	Per daily dose (=2 capsules)	% of NRV recommended daily dose*	per 100 g capsules
Hemp oil	750 mg	1500 mg	**	63 g
of which fat	750 mg	1500 mg	–	63 g
of which saturated fatty acids	75 mg	150 mg	–	6 g
unsaturated fatty acids	675 mg	1350 mg	–	57 g
of which unsaturated fatty acids	113 mg	226 mg	–	10 g
polyunsaturated fatty acids	562 mg	1124 mg	–	47 g
of which Omega 3 fatty acids	128 mg	256 mg	–	11 g
Vitamin C	40 mg	80 mg	100	3.4 g
Pantothenic acid	5 mg	10 mg	167	0.4 g
Vitamin B1	0.55 mg	1.1 mg	100	47 mg
Vitamin B12	1.5 µg	3 µg	120	0.1 mg

*NRV = Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011

** no reference value available yet

Recommended use: Swallow 1 capsule 2 x daily during or after a mealtime with plenty of liquid.

Keep dry and out of direct sunlight. Store below 25°C. Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

Contents 180 capsules = 209 g

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