



Organic Hemp Oil

cold pressed, with essential Omega-3 and Omega-6 fatty acids

Organic Hemp Oil is an excellent edible oil with a mild, deliciously nutty taste. Its high content of polyunsaturated fatty acids and the balanced fatty acid composition are what make hemp oil so valuable. The essential Omega-3 and Omega-6 fatty acids are supplied in the optimum ratio of one to three in this oil. In order to preserve the valuable ingredients, our Organic Hemp Oil has been carefully cold pressed. In the kitchen, hemp oil can be used like any other oil, whereby it works best in cold meals. It is ideal for salads, dressings, sauces, marinades, dips, spreads and much more. Cooked meals can also be refined using hemp oil. It can simply be drizzled over meals after cooking. Hemp oil is less suitable for frying, as its valuable fatty acids are damaged at high temperatures. Hemp oil can also be used for external application on your skin.

Ingredients: 100 % Hemp Oil from controlled organic cultivation.

Average nutritional values	per 100 g
Energy value	kJ 3700 / 900 kcal
Fat	100 g
of which	
- saturated fatty acids	10 g
- unsaturated fatty acids	15 g
- polyunsaturated fatty acids	75 g
of which	
Omega-3 fatty acids	17 g
Omega-6 fatty acids	58 g
Carbohydrate	< 0.1 g
of which sugars	< 0.1 g
Protein	< 0.1 g
Salt	< 0.1 g



DE-ÖKO-001
EU/Non-EU agriculture

Please keep properly closed, and store in a dark and cool place.

Made in Germany

Contents 250 ml

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