



Organic Hemp Seeds hulled

Useful information:

100 % pure, hulled hemp seeds (*Cannabis sativa L.*) from controlled organic cultivation. Hemp seeds are a rich source of protein and fibre whilst at the same time being low in carbohydrates. They are therefore perfect for diverse, wholefood nutrition in vegetarian, vegan or low-carb recipes. Due to their nutty taste, which can be intensified by roasting them slightly in a pan, they are frequently used to enrich smoothies, salads, mueslis or to bake bread or cakes.

- Vegan
- High in polyunsaturated fatty acids
- Outstanding source of protein, high in fibre

Ingredients: 100 % hemp seeds, hulled, from controlled organic cultivation.

Average nutritional values	per 100 g
Calorific content	2401 kJ / 580 kcal
Fat	48 g
of which:	
- saturated fatty acids	5 g
- monounsaturated fatty acids	7 g
- polyunsaturated fatty acids	36 g
Carbohydrate	8 g
- of which sugars	2 g
Dietary fibres	7 g
Protein	25 g
Salt	0.1 g

Recommended use:

Body weight	daily dose
From 50 kg	25 g (approx. 3 heaped tablespoons)
Between 20 kg and 49 kg	10 g (approx. 1 heaped tablespoon)
Between 10 kg and 19 kg	5 g (approx. 1 heaped teaspoon)



DE-ÖKO-001
EU / non-EU agriculture

Close properly and store in a dry place.

Contents 1000 g

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