



ORGANIC SHELLLED HEMP SEED

Hemp is a perfect balance of proteins & Omega 3 & 6. It is a Mother Nature gift for a great first step in your journey to improve health and quality of life. Consumption of hemp seed and hemp oil is ideal for people with low essential fatty acid intake, and also perfect for athletes. It is naturally valuable to the veggie/vegan population, and even more so for veggie/vegan athletes, who are always looking for complete protein sources.

Hemp foods contain 35% carbohydrates, 30% fat, 35% fiber, calcium, magnesium, phosphorus, potassium, and vitamins A, B1, B2, B3, B6, C, D, and in particular vitamin E, and only 5% saturated fat, or less. A handful of hemp seed provides the minimum daily requirement of protein for adults.

Health Benefits*

- Unlike Flax, Hemp contains important Super Omega (SDA), and Super Omega-6 (GLA), which help to combat the effects of stress, aging and environment toxins;
- Gives a superior content of globular protein, Estidin (66%) plus quantities of Albumin (33%) which aid digestion and assimilation, and are in a form similar to that found in blood plasma.
- Aids to build strong bodies, and immune systems;
- Supplies relatively high levels of the branched-chain amino acids that are important for the metabolism of exercising muscle, and are crucial in repair and growth of lean body mass.
- Superior source of Vitamin E, which is a powerful antioxidant that fights to protect the cells from free radical damages;
- Provides plant sterols that have been shown to reduce the risk of prostate and colon cancer and to lower blood cholesterol levels;
- Provides the body all the Essential Amino Acids required to maintain good health;
- Hemp is a leading vegetarian source of such zippy nutrients as manganese, magnesium phosphorus, iron and zinc;

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Quality Assurance

Utilizing modern technology, scientific research and state-of-the-art facilities, Omega Shakers™ develops and packages innovative, customized products which are:

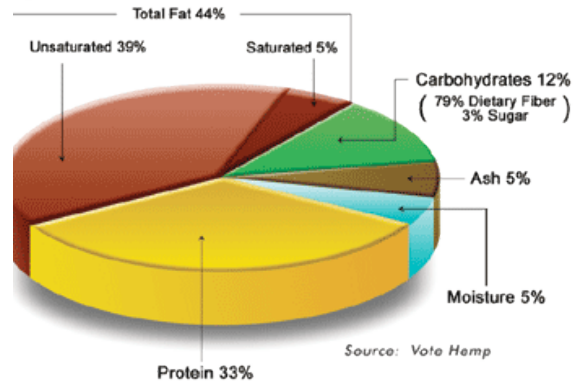
- 100% Organic and Kosher Certified
- Packaged under strict nitrogen conditions;
- Adhere to Good Manufacturing Practices;
- Protected from the Light and Oxygen During Manufacturing;
- Safety Sealed with an Outer Seal and an Inner Freshness Seal.
- Organically grown on the Canadian Prairies without chemical pesticides or herbicides.



Physical Properties

Scent	Sweet and Nutty
Color	Creamy Color with Shades of Green
Taste	Creamy and Fresh Nutty Flavor
Appearance	Granular Seeds

Typical Composition of Hemp Nut



Key Features

- Perfect Balance Omega-6 & 3 in Ratio 3:1;
- Rare source of Linoleic Acid – the healthy EFAs doctors recommended;
- Free of antinutrients that are found in soy to interfere with protein uptake;
- Complete Amino Acids Spectrum;
- Source of Vitamins & Minerals;
- Low impact Carbs;
- Cholesterol Free;
- Hexane, Dairy, Gluten, Soy & GMO Free;
- No artificial colors, flavors, sweeteners;
- Product of Canada;

Active Ingredients

Typical value per serv. size: 3 tbsp (30g)

Omega-6 LA	7.5 g
Omega-3 ALA	3.0 g
Omega-6 GLA	0.6 g
Omega-3 SDA	0.3 g

Organic Formulation

100% Raw Certified Organic Shelled Hempseed.

Production Process

Shelled Hempseed is obtained removing the hard shells, yielding a 100% raw gourmet food that taste like pine nut.



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Nutritional Values

Typical Value per Serving: 3 tbsp (appr. 30 g)

Amount per Serving D.V.

Total Calories	174 cal	
Calories from Fat	127 cal	
Total Fat	13.5 g	21 %
Saturated Fat	1 g	4 %
Trans Fat	0 g	0 %
Cholesterol	0 g	0 %
Sodium	0 g	0 %
Carbohydrate	2 g	1 %
Dietary Fiber	1 g	5 %
Sugar	< 1 g	
Protein	11 g	22 %
Iron		16 %
Vitamin E		21 %
Zinc		23 %
Phosphorus		48 %
Magnesium		48 %

% D. V. are based on a 2,000 calorie diet

Packaging

Glass or Plastic Jars (HDPE/PET)
 Adhesive label
 Nitrogen Flushed
 Various 8 - 16 oz (238 - 454 g)

Individual and Family Pouches
 Printed Pouch or Adhesive Label
 Nitrogen Flushed or Vacuumed
 Various 1.1 - 10 oz (30 - 283 g)

The product is packaged in an induction sealed jar (easily recyclable) or thermal sealed pouch that protects the contents from light and oxygen for a superior fresh-ness and flavor.

Shelf Life

We will assurance quality/stability of finished product for 10 months from date of manufacture provided the seal is intact and product is not stored at temperatures greater than 77°F (25°C).

Applications

Highly recommended for anyone, especially those with sensitivities or allergies to gluten and soy.

Dietary Supplement, Sport Nutrition, Food Product Enrichment

Directions

One of the easiest ways of consuming hemp is in smoothies. Just mix a handful of Organic Hempseed with fruit and juice of your choice in a blender. Besides, add the hempseed to cereal, omelettes and your favorite yogurt. For delicious nutty flavor many people loves sprinkle the Shelled Hempseed on soups, salads and veggies. Perfect for children too. As well Hempseed can be lightly toasted and baked and pastry dough, but not above of 325°F to conserve the EFAs.

Hardcore Hemp Meal

- **Salad:** Mesclun green salad with hemp oil miso vinaigrette (0.5 oz hemp oil per serving);
- **Appetizer:** Hempseed edamame cakes over spicy mango sauce (1 oz hempseed per serving);
- **Dinner:** Hempseed crusted tofu steak with Iroquois jalapeno (1.5 oz hempseed per serving);
- **Desert:** Hempseed encrusted key lime pie and hemp ice cream (1.5 oz hempseed per serving);

Hempseed

Does not have any psychoactivity because it does not contain tetrahydro-cannabinol, a sticky resin produced primarily in the flowering tops of female plants before the seeds mature. Health Canada stipulates that all hempseed products must contain less than 10 parts per million of THC and every hemp crop in Canada is tested to ensure these standards are maintained.

Scientific Reference

A 1999 workshop by the U.S. National Institute of Health (http://ods.od.nih.gov/news/conferences/w6w3_abstracts.html) demonstrated the impressive benefits of a balanced omega-6/omega-3 ratio in our diet: reduced risk of atherosclerosis, sudden cardiac death and certain types of cancers, decrease in the symptoms of rheumatoid arthritis, mood improvement in bipolar disorders and optimized development in infants.

<p>Disclaimer: This information is provided in good faith as educational material. It is the customer's responsibility to check the suitability of the material under FDA (DSHEA), Health Canada, and/or any other rules regarding the use of this material. Mountain High Organics is not responsible for compliance with various rules regarding the use of this literature as promotional material.</p>
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