

Product Data sheet

Hemp seeds - hulled

Description:

Organic hulled hemp seeds.

Hulled hemp seeds are the most commonly used version of hemp seeds. They're ready to use in any form, just like other seeds and nuts. You can use these seeds in a variety of ways. Some people use them as a topping for salads or other dishes. Others use them as flour for baking or smoothies, cereals, and bread.

The reason hulled seeds are so popular is that they do not require any prep work. You don't need to remove the shell to use them, so they're great if you're just getting started with hemp seeds.

Hemp seeds are considered a super-food, they are extremely rich in proteins, minerals, vitamins, essential fatty acids. They have a positive effect on the human body, making it healthier and more resilient. They are an excellent choice in nutrition, which is confirmed by the numerous experiences of the users themselves, and scientific research concludes that consumption has many health benefits

They contain an ideal ratio (3:1) of omega 6 and omega 3 fatty acids that are responsible for eliminating inflammation in the body, balance blood pressure, and contribute to optimal heart function and cholesterol reduction. They also contain vitamins B, E, A, minerals such as iron, potassium, magnesium, zinc, phosphorus, calcium, manganese and copper, and a high concentration of fiber that keeps the digestive tract healthy and clean. Seeds are a rich source of gamma linolenic acid (GLA), which has a strong anti-inflammatory effect, while stimulating skin growth and the formation of new cells

Hemp seeds are a rich source of protein, which is responsible for building muscle, and also keeps the organism resistant to fatigue, gives it strength and energy. For this reason, hemp seed protein powder is used in fitness, bodybuilding, and as a dietary supplement in vegan cuisine. Organic seeds do not have cholesterol, trans fats, gluten, lactose, do not cause bloating, have no sugar, known allergens, preservatives, additives, pesticides or herbicides.

They taste slightly nutty, and they are used in diet as an additive to dishes, as peeled or whole, ground or cold-pressed.

Ingredients: 100% hemp seed

Best used by : Marked on packaging

Commercial packaging: 250 g, 500 g , bulk

Recommended use : Before eating, whole seeds are recommended to be soaked for 15 minutes in water, stock or fruit juice, and they can be added to smoothies, they can be eaten ground, in combination with other nuts, and bread, cakes and the like can be baked with them. They can also be used as snacks

Manufacturer: Pharma Herbs d.o.o. , Donja voća 27 42245, Croatia

Origin: EU

Storage instructions: Best keep on dark and cold place.

Nutritional value:

Nutritional value	
	per 100 g
Energy	575 kcal
Total fat	48,2 g
Saturated fat	3,2 g
Total carbohydrates	7 g
Sugars	0,15 g
Protein	34 g
Salt	0,003 g