

Hemp Oil from Hulled Hemp Seed

Item No. **305161**

Our high-quality hemp oil has a unique fatty acid composition and is rich in polyunsaturated fatty acids, in particular the omega-3 fatty acid alpha-linolenic acid, which has many health-promoting effects. Omega-3 and omega-6 fatty acids are essential and must be obtained through the diet, as our body cannot produce them in sufficient quantities. The ideal ratio of omega-6 to omega-3 fatty acids is of particular importance for a healthy organism. With a ratio of 3:1, they support numerous health-maintaining metabolic processes, such as the cardiovascular system, brain development and a normal blood cholesterol level. Vitamin E is an antioxidant and protects the polyunsaturated fatty acids from oxidation, i.e. the hemp oil turning rancid. At the same time, vitamin E is an important substance in the human body that acts as a free-radical scavenger with antioxidant, anti-inflammatory and antibacterial properties. Hemp oil should not be heated, as oxidation damages the polyunsaturated fatty acids and vitamins.



Production

For our hemp oil from hulled seed of European origin, we process exclusively fibre hemp (*Cannabis sativa*), which contains very low levels of THC (tetrahydrocannabinol) (THC <0.2% in the plant). Our hemp is grown to very high ecological EU standards in Austria, Germany and France. For a guaranteed traceable value chain, all production steps, from the field to the finished product, are in our hands. We know our farmers and partners and process the hemp seed directly and exclusively in Germany.



Our own oil mill in Bischofswiesen



We produce our hemp oil in our own, modern oil mill in Bischofswiesen. The facility, specially designed for hemp hulling, enables us to process the nutrient-rich hemp hearts directly on site and thus control the entire value chain ourselves, from the raw material to the finished oil. Hulling the hemp seed beforehand gives our hemp products a particularly high nutritional quality. After hulling, the nutrient-rich hemp hearts are cold-pressed and processed into hemp oil and hemp protein. The end product is the all-natural hemp oil, which is particularly rich in the polyunsaturated omega-3

fatty acid alpha-linolenic acid (ALA).

Properties of our oil

- virgin
- cold-pressed
- essential fatty acids (omega-6 and omega-3) in an ideal ratio of 3:1, for optimal absorption by the body
- THC < 2.0 ppm (in the oil)
- vegan
- hulled hemp seed “hemp hearts”
- GMO-free

Nutritional information

Nutrient	per 100 g	per portion (10 g)	% per portion*
Energy	3700 kJ / 900 kcal	370 kJ / 90 kcal	4%
Fat	100 g	10 g	14%
of which saturates	11 g	1.1 g	6%
monounsaturated fatty acids	16.8 g	1.7 g	6%
polyunsaturated fatty acids	72.2 g	7.2 g	32%
of which linoleic acid (omega-6)	53.9 g	5.4 g	90%
alpha-linolenic acid (omega-3)	15.8 g	1.6 g	79%
Carbohydrate	0 g	0 g	0%
of which sugars	0 g	0 g	0%
Protein	0 g	0 g	0%
Salt	0 g	0 g	0%
Vitamin E	12.9 g	1.29 g	11%

* Reference intake per portion (10 g) for an average adult (8,400 kJ / 2,000 kcal).

Source: The analysed values are average values and are subject to the variations customary for natural products.

Possible approved nutrition and health claims

- high in polyunsaturated fatty acids
- high in unsaturated fatty acids
- high in the omega-3 fatty acid alpha-linolenic acid
- source of vitamin E

Source: Regulation (EC) No 1924/2006 on nutrition and health claims made on foods

Overview of the fatty acid composition

Polyunsaturated fatty acids make up the largest share at approx. 70%. The essential omega-6 (linoleic acid) and omega-3 fatty acids (alpha-linolenic acid) are present in an ideal ratio of 3:1.

