



Hemp Seeds Bio 225 g Doypack Superfoods Drasanvi

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Description

Hemp seeds have high levels of proteins, providing **all the essential amino acids, and omega 3, 6 and 9**. Drasanvi's hemp seeds are selected by hand to ensure we pick only the highest quality seeds. Once they have been selected, they are cleaned with water to remove the outer shells, which makes them easier to digest. This entire process follows the quality standards of organic farming.

Ingredients

Organic peeled hemp seed (*Cannabis sativa*)

Directions

Add hemp seeds to soups, vegetable cream, salads, smoothies, yogurts, and as a substitute for white flour in batters. 1 dessert spoon = around 4 grams.

Presentation

Contains 225 g (7.93 oz)

Warnings

Store in a cool, dry place.

Allergen free.

Additional Information

Organic certification

We meet the highest quality standards during the collection and processing of the hemp seeds we use, which has led it to become a certified organic product.

No outer shell

In order to make the most of all their properties, our hemp seeds have been peeled mechanically. In this way the body assimilates the unsaturated fatty acids present in the seeds more easily.

Helps balance cholesterol

These seeds are rich in linoleic acid, which helps balance cholesterol.

Good source of omega 3

Hemp seeds are rich in omega 3 – 7.5% of their total composition.

Nutrition Facts

Per 100g

Ingredients	Quantity/100 g
Energetic Value	2389 kJ / 578 Kcal
Fats	47,7 g
of which are saturated	4,3 g
of which are polyunsaturated	36,4 g
Omega 3 (alpha-linolenic acid)	7,8 g
Omega 6 (linoleic acid)	28,6 g
of which are monounsaturated	6,7 g
Omega 9 (Oleic acid)	6,7 g
Carbohydrates	5,7 g
of which are sugars	2,4 g
Fibre	11,9 g
Prteins	25,4 g
Salt	0,95 mg

Allergen Information

Allergen-free

Certifications

