

Product Data sheet

Hemp seeds - whole

Description:

Organic whole hemp seeds.

Unhulled (whole) seeds are the ones that have an intact shell. They're still easy to use, but you will need to remove the shell by hand to use them. You can remove the shell by either chopping them and then rubbing them or using a hemp seed grinder to do the work for you.

Using the hulled seeds is easier so why would you bother with the unhulled ones? If you're after hemp seeds for their nutritional value (complete protein, healthy fats, etc.), then you're better off with the unhulled variety. This is because the shell contains a lot of the seed's nutrients. Hulled seeds are already processed, and their nutritional value is lower than that of unhulled ones.

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	43,9
Saturated fat	4,1 g
Total carbohydrates	23,3 g
Sugars	3 g
Protein	30 g
Salt	0 g