



Hemp Hearts
100% Hemp Meal
Product of Canada
Rocky Mountain Grain Products

Serving Size 5 Tablespoons

55 Grams

LABORATORY ANALYSIS OF HEMP HEARTS PER 100 GRAMS

Calories	567
Protein	30.6
Total Fat	47.2g
Saturated Fat	5.2g
Palmitic 16:0	3.44g
Arachidic 20:0	0.28g
Stearic 18:0	1.46g
Monounsaturated Fat	5.8g
Oleic 18:1	5.8g
Polyunsaturated Fat	36.2g
Linoleic 18:2 (Omega-6 EFA)	27.56g
Linolenic 18:3 (Omega-3 EFA)	8.68g
Total Essential Fatty Acids	36.24g
Carbohydrate	10.9g
Moisture	4.7g
Cholesterol	0.0g
Total Dietary Fiber	6.0g
Sugars	1.99g
Fructose	0.45g
Glucose	0.30g
Sucrose	1.24g
Maltose	<0.1g
Lactose	<0.1g
Vitamin A (B-Carotene)	4 IU
Thiamine (Vitamin B1)	1.38mg
Riboflavin (Vitamin B2)	0.33mg
Vitamin B6	0.12mg
Vitamin C	1.0mg
Vitamin D	2277.5 IU
Vitamin E (d)-A-Tocopherol)	8.96 IU
Sodium	9.0mg
Calcium	74.0mg
Iron	4.7mg
Tetrahydrocannabinol	NONE DETECTABLE

ALLERGY INFORMATION

Hemp Hearts are free of preservatives, eggs, nuts, dairy, soy and gluten, but were produced on farms, which sometimes also grow peas, wheat and oil seeds.