HULLED HEMP SEED Nutritional value\* Per 100 g

Energy kJ 2400

Energy kcal 580

Carbohydrates g 8.2

of which total sugars g 2.1

Fats (total) g 48

Of which saturated fatty acids g 4.7

Of which mono-unsaturated fatty acids g 6.9

Of which poly unsaturated fatty acids g 36

Protein g 25

Sodium chloride (salt) g 0.1

Fibre g 7.4

Omega 6 g 28

Omega 3 g 8.1

Moisture g 7.2

Ash g 4.0

Amino Acid Spectrum\*

Asparagin Acid g 3.3

Tryptophane g 0.3

Theonin g 1.0

Serin g 1.6

Glutamine Acid g 5.5

Prolin g 1.2

Glycin g 1.5

Alanin g 1.3

Cystin g 0.4

Valin g 1.5

Methionin g 0.7

Isoleucin g 1.2

Leucin g 2.0

Tyrosin g 1.2

Phenylalanin g 1.4

Histidin g 0.9

Lysin g 1.3

Arginin g 3.9

\*Vitamins

Vitamin A 11.2IE

Vitamin E (total Tocopherol) 18.2 mg

Vitamin B1 1.8mg

Vitamin B2 0.22mg

Vitamin B3 1.7mg

Vitamin B9 0.15mg

\*Minerals

Magnesium 922mg

Iron 13.8mg

Calcium 38.5mg

Potassium 1440mg

Zinc 7.92mg

\*All information is subject to the usual fluctuations in natural products.