



# Blue Sky

HEMP VENTURES

## Product Specifications

**Product:** De-hulled Hemp Seed

**Description:** De-hulled Hemp Seed

**Purity:** 99.95%

**Package options:** 25 ( lb, 50 lb (22.7 kg) bags, 2000 lb (907.2 kg) totes

**Product of Canada - HS Code:** 1207.99

**Available In:**



### Uses

An edible ingredient to increase dietary fiber in recipes, baking, blends, smoothies and nutritional products.

### Sensory Profile

Small seeds with little green specks and a nutty flavour.

### Expiration

Best before 18 months from the date of manufacturing.

| Nutrition Facts              |             |
|------------------------------|-------------|
| servings per container       |             |
| <b>Serving size</b>          | <b>30 g</b> |
| <b>Amount per serving</b>    |             |
| <b>Calories</b>              | <b>180</b>  |
| % Daily Value*               |             |
| <b>Total Fat</b> 16g         | 21%         |
| Saturated Fat 1.5g           | 8%          |
| Trans Fat 0g                 |             |
| Polyunsaturated Fat 12g      |             |
| Monounsaturated Fat 1.5g     |             |
| <b>Cholesterol</b> 0mg       | 0%          |
| <b>Sodium</b> 0mg            | 0%          |
| <b>Total Carbohydrate</b> 1g | 0%          |
| Dietary Fiber 1g             | 4%          |
| Total Sugars 1g              |             |
| Includes 0g Added Sugars     | 0%          |
| <b>Protein</b> 10g           |             |

|                  |      |
|------------------|------|
| Vitamin D 0mcg   | 0%   |
| Calcium 20mg     | 2%   |
| Iron 4mg         | 20%  |
| Potassium 274mg  | 6%   |
| Vitamin A 0mcg   | 0%   |
| Vitamin C 0mg    | 0%   |
| Thiamin 0.4mg    | 35%  |
| Niacin 4mg       | 25%  |
| Folate 56mcg DFE | 15%  |
| Phosphorus 495mg | 40%  |
| Magnesium 210mg  | 50%  |
| Zinc 3mg         | 25%  |
| Manganese 2.3mg  | 100% |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.

| Fatty Acid Profile                   |                         |                          | Amino Acid Profile |      | Specifications        |                       |
|--------------------------------------|-------------------------|--------------------------|--------------------|------|-----------------------|-----------------------|
|                                      | Weight (g)<br>Per 100 g | Percent (%)<br>Total Fat |                    |      |                       |                       |
| Linoleic Acid (LA)(Omega 6)          | 28.9                    | 55.58                    | Glutamic Acid      | 6.36 | Aerobic Plate Count   | <300,000 cfu/g        |
| Alpha Linoleic Acid (ALA) (Omega 3)  | 8.5                     | 16.35                    | Arginine           | 4.63 | Total Coliform        | <1,000 cfu/g          |
| Oleic Acid (Omega 9)                 | 6.5                     | 12.5                     | Aspartic Acid      | 3.59 | Escherichia coli      | <10 cfu/g             |
| Palmitic Acid                        | 2.8                     | 5.38                     | Leucine            | 2.28 | Salmonella            | Negative 25g          |
| Gamma Linolenic Acid (GLA) (Omega 6) | 1.9                     | 3.65                     | Valine             | 1.75 | Staphylococcus aureus | Negative at <25 cfu/g |
| Stearic Acid                         | 1.4                     | 2.69                     | Serine             | 1.54 | Yeast & Mold          | <4,000 cfu/g          |
| Stearidonic Acid (SDA) (Omega 3)     | .7                      | 1.35                     | Alanine            | 1.52 | Gluten                | <20 ppm               |
| Arachidic Acid                       | .5                      | .96                      | Phenylalanine      | 1.46 | THC                   | <10 ppm               |
| Conjugated Linoleic Acid (CLA)       | .2                      | .38                      | Glycine            | 1.45 | Moisture              | 4-9%                  |
| C18: 1 Cis-Isomers                   | .2                      | .38                      | Isoleucine         | 1.39 | Protein               | 27-38%                |
| Behenic Acid                         | .2                      | .38                      | Proline            | 1.29 | Fat                   | 38-54%                |
| C20: Cis-11-Eicosenoic               | .15                     | .29                      | Tyrosine           | 1.24 |                       |                       |
| Lignoceric Acid                      | .05                     | .10                      | Lysine             | 1.16 |                       |                       |
|                                      |                         |                          | Cystine            | 1.17 |                       |                       |
|                                      |                         |                          | Threonine          | 1.11 |                       |                       |
|                                      |                         |                          | Histidine          | .99  |                       |                       |
|                                      |                         |                          | Methionine         | .84  |                       |                       |
|                                      |                         |                          | Tryptophan         | .38  |                       |                       |