

Enjoy our delicious, unrefined, cold-pressed, certified organic Canadian hemp oil. Hemp has Omega-3, the "good fat" for optimal health.

### HEMP HEALTHY

Hemp oil has nature's ideal 3:1 Omega-6 to Omega-3 ratio. Unlike flax, hemp has valuable Super Omega-3 (SDA) and Super Omega-6 (GLA), which can help the body metabolize fat. Use in smoothies, salads, vegetables and pasta dishes. To conserve the essential fatty acids, don't fry with hemp oil.

Also try our organic Hempseed and Protein, Coconut and Red Palm Oils, Chia Seed and Coconut Manna™. For delicious recipes, visit [nutiva.com](http://nutiva.com).

### OMEGAS PER TBSP

7.0g	Omega-6 LA
2.5g	Omega-3 ALA
2.0g	Omega-9
500mg	Omega-6 GLA
250mg	Omega-3 SDA

**nutiva**<sup>®</sup>  
NURTURE VITALITY™

# hemp oil

**ORGANIC  
SUPERFOOD**

*Add to your  
favorite recipes*

*2.5g Omega-3  
500mg GLA  
per serving*

**COLD PRESSED**



16 FL OZ (473 mL)

### Nutrition Facts

Serving Size: 1 Tbsp (15mL)

Servings Per Container: About 32

Amount Per Serving

Calories 125    Calories from Fat 125

% Daily Value\*

Total Fat 14g    22%

Saturated Fat 1g    5%

Trans Fat 0g

Polyunsaturated Fat 11g

Monounsaturated Fat 2g

Cholesterol 0mg    0%

Sodium 0mg    0%

Total Carbohydrate 0g    0%

Protein 0g

Not a significant source of vitamin C or calcium.

\*Percent Daily Values are based on a 2,000-calorie diet.

**Vegan**

**Non-GMO**

**Non-Hydrogenated  
Oil Trans Fat**

**STORAGE:** Refrigerate after opening.

**MANUFACTURED FOR**

Nutiva®, 213 W. Cutting Blvd.  
Richmond, CA 94804

(800) 993-4367 • [www.nutiva.com](http://www.nutiva.com)

**CERTIFIED ORGANIC**

by QAI and Ecocert ICO  
(US-ORG-016)

**Product of Canada**



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INGREDIENTS: RAW, ORGANIC, UNREFINED HEMPSEED OIL,  
MADE WITHOUT HEXANE, DAIRY, LACTOSE OR SWEETENERS.

