

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 Hemp Oil, Seeds and Protein, Coconut Manna™, Chia Seeds and Red Palm Oil. For delicious recipes, visit 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

RECIPE

Salad Dressing

Equal parts: Hemp Oil, Olive Oil, Vinegar or Lemon Juice

Mix well and add fresh herbs and Nutiva Hempseed for more flavor.



nutiva[®]
NURTURE VITALITY™

hemp oil

ORGANIC SUPERFOOD

COLD PRESSED

Add to your favorite recipes

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



8 FL OZ (236 mL) ©

Nutrition Facts

Serving Size: 1 Tbsp (15ml)
Servings Per Container about 16

Amount Per Serving		% Daily Value*
Calories 125	Calories from Fat 125	
		Total Fat 14g
		Saturated Fat 1g
		<i>Trans Fat 0g</i>
		Polyunsaturated Fat 11g
		Monounsaturated Fat 2g
		Cholesterol 0mg
		Sodium 0mg
		Total Carbohydrate 0mg
		Protein 0g

Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, calcium, or iron.

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

**Vegan • No Hexane • Non-GMO
0g Trans Fat • Non-BPA Container
Non-Hydrogenated**

STORAGE

Refrigerate after opening.

MANUFACTURED FOR

Nutiva®, 213 W. Cutting Blvd.
Richmond, CA 94804
(800) 993-4367
www.nutiva.com

CERTIFIED ORGANIC

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

Product of Canada



103898V002

INGREDIENTS: RAW, ORGANIC, UNREFINED HEMPSEED OIL
CONTAINS NO HEXANE, DAIRY, LACTOSE OR SWEETENERS.

