

# hemp oil

COLD PRESSED EXTRA VIRGIN  
OMEGA SUPERFOOD



FROM OUR HEART,  
FOR YOURS

Grown in:  
the Heart of America



*Humming Hemp*

NET WT: 8 fl oz (236ml)

VEGAN

GLUTEN FREE

NON-GMO

PALEO

## HEMP SEED OIL:

rich, nutty and nutritious

use as a daily nutritional supplement suitable for salad dressings,  
bread dips, drizzle over popcorn, soups or add to smoothies

Do not heat above 300° F

Keep me fresh, store me  
in the refrigerator

The richest, most balanced source of  
essential fatty acids (EFAs) on Earth

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## Nutrition Facts

16 servings per container

Serving size 1 Tbsp (15g)

Amount Per Serving

**Calories 120**

% Daily Value\*

**Total Fat** 13g 17%

Saturated Fat 1g 5%

Trans Fat 0g

Polyunsaturated Fat 10g

Monounsaturated Fat 2g

**Sodium** 0mg 0%

**Total Carbohydrate** 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 0g 0%

Not a significant source of cholesterol,  
vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much  
a nutrient in a serving of food contributes to  
a daily diet. 2,000 calories a day is used for  
general nutrition advice.

INGREDIENTS: COLD PRESSED EXTRA VIRGIN  
HEMP SEED OIL

1 TBSP: 7g Omega-6 Linoleic Acid, 2.5g Omega-3  
Alpha Linolenic Acid, 2g Omega-9, 0.5g Omega-6  
Gamma-Linolenic Acid, 250mg Omega-3  
Stearidonic Acid

