

Shelled Hemp Seeds are high in unsaturated fatty acids, with an ideal ratio of Omega 6 to Omega 3 (3:1). They are high in complete protein, containing all the essential amino acids, high in Vitamin E and high in minerals (Potassium, Phosphorus, Magnesium, Iron, Zinc, Copper and Manganese).

1. PRODUCT DESCRIPTION

Shelled hemp seeds, obtained by mechanical crushing of raw hemp seeds and air separation, at a processing temperature of 15-20°C.

2. INTENDED USE

Raw seeds, which may be consumed as a snack, sprinkled on fruit and vegetable salads, added to cooked meals, side dishes or bakery products, 3 tbsp/day.

3. INGREDIENT LIST

100% hemp seeds.

4. ORIGIN

Processed and packed in Romania, Intrastate, Code no.12079991, from EU and nonEU seeds.

5. PACKAGING

Consumer packaging

100g, 300g, 500g and 1kg stand up re-sealable pouches, material (PA/AL/PE) PP7, packed in cardboard boxes PAP20, 24x100g, 36x300 g, 24x500g, 12x1kg. Packed on pallet, for 100gr: 147boxes/euro palet and 168 boxes/ industrial pallet and for the rest: 38 boxes/ Euro pallet and 60 boxes/Industrial pallet.

6. SHELF LIFE AND STORAGE CONDITIONS

A. Shelf life

In the original, unopened, air tight and light proof pack: 15 months.

B: Storage

Dry, dark, free from smells, max 25°C. Refrigerate after opening.

7. CODIFICATION & TRACEABILITY

Bag label/box label

Lot code; EAN 13-code; best before end (month, year).

8. CERTIFICATIONS

- A. Food Safety Management System according to ISO 22000:2005 certified by TÜV Rheinland.
- B. Organic certification according to EU legislation (for Organic product).
- C. KOSHER from OK Kosher.

9. PRODUCT CHARACTERISTICS

A. Sensory test

Colour & appearance: small white-beige seeds with few green membranes. There might be some shell parts. Odour & taste: nutty, characteristic, free from foreign odour & taste.

B. Chemical-physical properties

Density: bulk 0.61g/cm³- tapped 0.66g/cm³. Moisture <7%.

C. Microbiological properties

Analysis	Limits	Method
Yeast & moulds	< 2 x 10 ⁴ cfu/g	SR ISO 21527/1 or 2
E. coli	< 20 cfu/g	ISO 16649-2
Salmonella	Absent in 25g	EN/ISO 6579

10. CONTAMINANTS

Mycotoxines

Maximum levels of B1: 2,0 µg/kg

Maximum levels of Sum of B1, B2, G1&G2: 4,0 µg/kg.

Pesticides: negative

THC < 5 ppm

Heavy metals: Arsenic <0.1 mg/kg; Lead <0.1 mg /kg;

Cadmium <0.2 mg/kg Mercury <0.1mg/kg

11. ALLERGENS

Products contains no substances or products causing Lysine - 0.96g allergies or intolerance defined in Annex II of EC/1169/2011.

Cereals - gluten	<20mg/kg	Nuts	-
Crustaceans	-	Celery	-
Eggs	-	Lupin	-
Fish	-	Molluscs	-

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Peanuts	-	Mustard	-
Soybeans	-	Sesame seeds	-
Milk	-	Sulphur dioxide	-

+: present; -: absent; ? : traces or cross-contamination are possible.

12. GMO INFORMATION

The product is not genetically modified (according to EC/1829/2003 and EC 1830/2003).

13. NUTRITION DECLARATION

	100gr	30gr	% RI ¹ /100gr	% RI ¹ /30gr
Energy	2781Kj	834Kj	33.1%	9.9%
	664Kcal	199Kcal	33.2%	10%
Fat	48g	14g	68.6%	20%
Of which				
- saturates	5.2g	1.6g	26.0%	8.0%
- mono-unsaturates	6g	2g		
- polyunsaturates	37g	11g		
Carbohydrate	3.1g	0.9g	1.2%	0.3%
Of which				
- sugars	2.6g	0.8g	2.9%	0.9%
Fibre	6g	2g		
Protein	34g	10g	68.0%	20%
Salt²	0.03g	<0.01g		

Vitamins and minerals

Vitamin E (α tocoferol)	4.6mg	1.4mg	38%	12%
Vitamin E (γ tocoferol)	19.4mg	5.8mg		
Potassium	850mg	255mg	43%	13%
Phosphorus	1382mg	415mg	197%	59%
Magnesium	557mg	167mg	149%	45%

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Iron	7.6mg	2.3mg	54%	16%
Zinc	8.5mg	2.5mg	85%	25%
Copper	0.9mg	0.3mg	90%	27%
Manganese	5.7mg	1.7mg	285%	86%
Thiamine (B1)	0.3mg	0.1mg	29%	9%
Niacin (B3)	15.0mg	4.5mg	94%	28%
Pyridoxin (B6)	0.5mg	0.2mg	36%	11%
Vitamin D	<0.01mg	0 mg		
Calcium	0.4mg	0.1mg		
Trans fat	0.0g	0.0g		
Cholesterol	0.0g	0.0g		
Omega 9	6g	2g		
Omega 6	29g	9g		
Omega 3	8.3g	2.5g		
GLA	2.1g	0.6g		
LA	26.5g	8.0g		
SDA	1.0g	0.3g		
ALA	7.3g	2.2g		

Since this is a natural product, actual figures may vary.

¹ RI - Reference intake of an average adult (8 400 kJ/2 000 kcal).

² The salt content is exclusively due to the presence of naturally occurring sodium.

Amino acid Profile/ 100g (incl. essential amino acids)

Aspartic acid - 1.87g	Alanine - 1.76g	Tryptophan - 0.21g
Glutamic acid - 6.34g	Arginine - 3.42g	Isoleucine - 1.32g
Serine - 1.85g	Tyrosine - 1.67g	Phenylalanine - 1.74g
Histidine - 0.86g	Valine - 1.88g	Leucine - 2.00g
Glycine - 1.42g	Cystine - 1.57g	Lysine - 0.96g
Threonine - 1.58g	Methionine - 0.77g	

14. APPLICABLE NUTRITIONAL CLAIMS

HIGH (nutrients)	Polyunsaturated Acids; Unsaturated Acids, Protein, Fibre, Omega 3, Vitamin E, Potassium, Phosphorus, Magnesium, Iron, Zinc, Copper, Manganese, Vitamin B3 & B6
SOURCE OF (nutrients)	Vitamin B1
LOW (nutrients)	Sugars, Very low salt

For details about the nutrition claims and conditions applying to them – please check the annex.