

## Hemp Seed is Nature's Perfect High Protein Food

- Hemp protein is the gift of the vegetable world. No where else in nature can someone get a more complete protein source from one place.
- Hemp seeds contain up to 36% protein.
- The protein in hemp seed is comprised of approximately 65% of Edestin and can be found only in hemp seed protein.
- Edestin aids digestion, is low in phosphorus and is considered the backbone of human cellular DNA.
- The other one third of hemp seed protein is Albumin, another high quality globulin protein similar to that found in egg whites.
- Since hemp seed protein is 65% globulin Edestin, and also includes albumin, its protein is readily available in a form quite similar to that found in blood plasma.
- Hemp protein contains all 20 known amino acids including the 8 essential and 2 semi-essential amino acids (EAA's) our bodies cannot produce. Proteins are considered complete when they contain all 9 essential amino acids in a sufficient quantity and ratio to meet the body's protein requirements.
- Hemp seed oil may be nature's most perfectly balanced oil. It contains an ideal 3:1 ratio of omega-6's [linoleic acid] to omega-3's [alpha-linolenic acid] for long-term use, and provides the omega-6 derivative gamma-linolenic acid (GLA).
- No other single food source has the essential amino acids in such an easily digestible form, nor has the essential fatty acids in as perfect a ratio to meet human nutritional needs.
- Hemp seed is an excellent source of calcium and iron. Whole hemp seeds are also a good source of phosphorus, magnesium, zinc, copper and manganese.
- Hemp seed is gluten free and consequently will not trigger symptoms of celiac disease
- Hemp protein is also free of oligosaccharides found in soy, which cause stomach upset and gas.

