

NEW LOOK

**NORTH
COAST
NATURALS**



**PART OF A
HEALTHY DIET***



100% Raw **Hemp Seeds** are a delicious, raw food snack.

100% Raw Hemp Seeds add a nutty flavour to foods and can be eaten raw, blended into drinks, sprinkled on salads, ice cream, yogurt, cereal or cooked and baked into items such as oatmeal, breads, casseroles, etc. — without losing their nutritional value.



[No Shells — Just the "Heart" of the hemp seed. A good source of protein, fibre, omega-3 & 6 EFAs, vitamin E and energy.]

- 10 grams of complete vegetarian protein
- 9.5 grams EFAs and 400mg of GLA
- ZERO trans fats
- Gluten free*, THC free, sodium free
- EVERY batch tested for freshness
- Suitable for all ages

Nutrition Facts	
Valeur nutritive	
Per scoop (28 g) / par mesures (28 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 160	
Fat / Lipides 12 g	19 %
Saturated / saturés 1 g	7 %
+ Trans / trans 0 g	
Polysaturated / polyinsaturés 10 g	
Omega-6 / Oméga-6 7 g	
Omega-3 / Oméga-3 2.5 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 3 g	1 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 0.5 g	
Protein / Protéines 10 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	5 %
Vitamin E / Vitamine E	15 %

INGREDIENTS: ALL CANADIAN, 100% RAW, SHELLED HEMP SEEDS.

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* See packaging for full details

Distributed By : Fit Foods Ltd., Port Coquitlam, BC V3C 6L5 | Trademarks of : North Coast Naturals

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