



#### **HEMP SEED OIL**

Hemp seed oil is a natural, whole food product extracted mechanically without use of chemicals, preservatives or additives. We use proprietary varieties of Canadian hemp seed specifically selected for their nutritional and fatty acid profile. Our hemp seed is grown by world class Prairie farm producers under contract on either a Certified Organic Regime or Conventional production free of in-crop pesticides and herbicides.

Our hemp seeds are cold pressed at temperatures well below 50°C. Freshly pressed hemp seed oil is then clarified via our cold filtering technology which removes any natural suspended solids. Our hemp seed oil is then packaged in an oxygen-free environment to protect this delicate oil and insure a fresh, quality product with increased shelf life.

Hemp seed oil has a flavorful, light, nutty taste and can be used in a wide range of recipes such as sauces, dips, marinades and salad dressings or added to protein powder shakes or smoothies.

Hemp seed oil is low in saturated fats, a source of polyunsaturated fats, and is free from trans fat and cholesterol. One tablespoon (15 ml) of hemp seed oil provides 8g Omega-6, 2.5g Omega-3, zero trans fat, zero cholesterol, and 10% of the recommended daily intake for vitamin E.

The dietary fat profile, ideal 3:1 balanced ratio of Omega-6 and Omega-3, GLA and SDA content, and not to mention its delicate nutty favor provides hemp seed oil an edge over other culinary oils available in the market.

#### **CERTIFIED ORGANIC HEMP SEED OIL**



All Miracle Source organic products are certified organic by the USDA and OCPPP/Pro-Cert Canada Inc. They are also Certified OU Kosher.

#### **WHAT'S THE DIFFERENCE BETWEEN CERTIFIED ORGANIC AND CONVENTIONAL HEMP SEED OIL?**

The Conventional hemp seed and the Certified Organic hemp seed both are grown in Canada without the use of pesticides and/or herbicides, both are Non-GMO (genetically modified organism) and are Gluten-Free. However, Conventionally grown hemp seed does use fertilizer at the beginning of the growing cycle.

Primarily the difference between the two is the certification. Unlike Certified Organic, the Conventional hemp seed does not undergo the same stringent inspections or follow the necessary guidelines to meet the Certified Organic standards. This does not mean that Conventional hemp seed is of substandard quality, taste or freshness. Only that Certified Organic is a guarantee to the consumer that the hemp seed grown follows strict government guidelines and inspections to guarantee it's 100% Organic which some consumers are particular too. Because of these strict government guidelines and inspections the cost of producing Certified Organic hemp seed is increased thus the cost of purchasing Certified Organic vs. Conventional hemp seed is higher.

#### **NATURAL – RAW FOOD DECLARATION**

Miracle Source Food Group Ltd. does hereby declare and certify that the products produced by this company are 100% Canadian and grown without the use of pesticides and/or herbicides and are Non-GMO and Gluten-Free.

Miracle Source Food Group Ltd. does hereby declare and certify that the products produced by this company are not derived from a genetically modified organism or irradiated material source or seed. Miracle Source Food Group Ltd. products are free from both genetically modified DNA and the proteins derived from genetically modified DNA.

Miracle Source Food Group Ltd. uses GMO-free proprietary varieties of Canadian hemp seed grown by Prairie farm producers under contract on the Certified Organic Regime. Miracle Source Food Group Ltd. subscribes to the Pro-Cert Canada Organic Standards, EU and USDA NOP, which forbids the use of genetically modified organisms (GMO) or materials derived from GMO's.

Furthermore, since all the hemp varieties are classically bred, there are no genetically modified hemp seeds and Miracle Source Food Group Ltd. does hereby declare that the probability to cross-pollinate with any existing GM crop is zero.

#### **GLUTEN-FREE DECLARATION**

Hemp seed is naturally gluten-free. However, cross-contamination can occur at the field level during handling, transportation and storage. Miracle Source Food Group Ltd. conducts regular gluten testing on seed lots to ensure that gluten content is <20 ppm, which is the acceptable threshold by both the World Health Organization (WHO) and Health Canada for a gluten-free claim. Please refer to the designated CoFA upon request.

#### **STERILIZATION & NON-VIABLE DECLARATION**

The products referred to herein were mechanically processed in an impact huller to crack and remove the seed coat and then crack the seed achene in half, rendering the seed non-viable and incapable of germination.

#### **OR:**

The products referred to herein were processed in a roaster under the Health Canada protocol for seed sterilization at a temperature between 105°C-120°C for a period not less than 15 minutes, rendering the seed non-viable, sterilized and incapable of germination.



#### NUTRITION FACTS CHART

To achieve the maximum benefit take 1-2 tbsp (approx. 1 tbsp per 100 lb. or as needed) to your favorite breakfast cereal or blend with fresh fruit or salad. Add a half serving to your lunch for even more health energy.

#### HEMP SEED OIL

##### Nutrition Facts

##### Valeur nutritive

Per 14ml serving (1 Tablespoon)

Par portion de 14ml

Amount	% Daily Value*
Quantité	% valeur quotidienne*
<b>Calories/Calories</b> 126 (530 kJ)	
Fat Cal/Cal des lip 126	
<b>Total Fat/Lipides</b> 14g	<b>22%</b>
Saturated/Saturés 1.3g	0.1%
Trans 0.0g	
Polyunsaturated/Polyinsaturés 11.2g	
Omega-6/ oméga-6 8.3g	
Omega-3/ oméga-3 2.9g	
Monounsaturated/Monoinsaturés 1.5g	
<b>Cholesterol/Cholestérol</b> 0.0g	
<b>Carbohydrate/Glucides</b> 0.0g	<b>0%</b>
<b>Protein/Protéines</b> 0.0g	<b>0%</b>
Vitamin E/Vitamine E	120%
Calcium	1%

\* Based on 2,000 Calorie Diet

\* En fonction d'un régime alimentaire  
de 2 000 Calories

#### BEST BEFORE DATES, LOT NUMBERS AND STORAGE INFORMATION

Best Before Dates and Lot Numbers can be found on the top right hand corner of the box and/or on the lid of the packaging. All our hemp oils are packaged in black UV protected, nitrogen injected, heat-sealed 4L jugs thus keeping out UV light and oxygen that will degenerate the oil and may turn it rancid.

#### SHELF LIFE IS 2 YEARS IF STORED PROPERLY AND UN-OPENED.

**KEEP IN A COOL DARK PLACE AWAY FROM UV LIGHT AND OXYGEN. REFRIGERATE AFTER OPENING. CAN BE KEPT IN FREEZER AND/OR BROKEN DOWN INTO SMALLER CONTAINERS TO REMOVE THE EXCESS OXYGEN ONCE OPENED.**