



HULLED HEMP SEED

Hulled hemp seed is the white inner meat or nut of the hemp seed with the hull or shell removed. The “hulling” of hemp seed is achieved by a no-heat, mechanical process. Hulled hemp seed is a “super food” with a variety of uses including eating them straight as a snack; sprinkled on other foods, fruits or vegetables; used as a garnish on a wide array of prepared foods or salads; added and mixed into sauces, drips, marinades, yogurts, power drinks or smoothies; or used in baking as an ingredient in breads, muffins or cookies. Use them as you would any other seed or nut.

Three tablespoons of hulled hemp seed (30g) provides 770 kJ of energy, 180 calories and 10g of protein. As a source of polyunsaturated essential fatty acids, it provides 10g of Omega-6 and 3g of Omega-3 per 30 grams serving. Hulled hemp seed contains zero-trans fat. Hulled hemp seed is very high in phosphorus. Three tablespoons contain 45% of the Recommended Daily Value. Phosphorus together with calcium is an essential macro nutrient crucial for the development of bones and teeth. It is also an important component of DNA and RNA and in maintaining the pH level of body fluids.

It is a good source of the essential B Vitamins that comprise the Vitamin B complex. The Vitamin B Complex is essential for energy production, a healthy nervous system and good digestion. Hulled hemp seed contains niacin (vitamin B3), an excellent source of thiamine (vitamin B1), and is high in vitamin B6 and folate (vitamin B9). A serving size of 30 grams provides 10% niacin, 30% thiamine, 20% vitamin B6, 15% folate of the Recommended Daily Intake.

Hulled hemp seed is free from gluten, cholesterol, nuts, sodium and lactose, and being plant-based, it is a food product and ingredient that caters to persons with gluten-and-lactose intolerance, and various ethnic and religious dietary requirements. Being a source of essential B vitamins, especially vitamin B1 and folate makes it nutritious and wholesome for children and pregnant women.

CERTIFIED ORGANIC HULLED HEMP SEED



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

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

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 add 3 to 4 tbsp (approx. 1 tbsp per 50 lb. or as needed) to your favorite breakfast cereal or blend with fresh fruit. Add a half serving to your lunch for even more health energy.

HULLED HEMP SEED	
Nutrition Facts	
Valeur nutritive	
Per 56g serving	
Par portion de 56g	
Amount	% Daily Value*
Quantité	% valeur quotidienne*
Calories/Calories 322 (1350 kJ)	
Fat Cal/Cal des lip 221	
Total Fat/Lipides 24.6g	38%
Saturated/Saturés 2.3g	11%
Trans 0.0g	
Polyunsaturated/Polyinsaturés 19.7g	
Omega-6/ oméga-6 14.6g	
Omega-3/ oméga-3 5.1g	
Monounsaturated/Monoinsaturés 2.7g	
Cholesterol/Cholestérol 0.0g	
Sodium 5.6mg	0%
Potassium 633mg	18%
Carbohydrate/Glucides 6.7g	2%
Fiber/Fibres 3.9g	
Sugar/Sucres 1.7g	
Protein/Protéines 18.5g	
Vitamin E/Vitamine E	154%
Calcium	4%
Phosphorus/ Phosphore	81%
Magnesium/ Magnésium	150%
Iron/Fer	43%
Zinc	67%
Copper/Cuivre	15%
Manganese/Manganèse	280%
* Based on 2,000 Calorie Diet	
* En fonction d'un régime alimentaire de 2 000 Calories	