



HEMP SEEDS

Hemp Seeds are an excellent source of **polyunsaturated fatty acids** and also provide a good source of **protein**.

250ge



HEMP SEEDS ORGANIC

Ingredients: Whole Hemp Seeds*.

*= Certified Organic Ingredients

Allergy advice: Not suitable for **peanut, nut, milk, sesame, gluten** and **soya** allergy sufferers due to manufacturing methods.

Average Nutritional Values per 100g

Energy	1753kJ/424kcal
Fat	30.0g
of which saturates	3.0g
Carbohydrate	1.5g
of which sugars	1.5g
Fibre	24.2g
Protein	25.0g
Salt	0.0g

Biona Hemp Seeds can be used whole or ground in bread, rolls or muesli. Hemp seeds develop an especially nutty flavour when roasted. Biona Hemp Seeds have no intoxicating effect. Not to be used for growing.



GB-ORG-02

EU/non-EU Agriculture

250ge

Store cool and dry
Best before: See side of pack



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