

8 – 12 weeks Store in a cool dark place. Once open, use within Storage









1258 @

Sion Road, Bristol, BS3 3BD, UK Hebron House 'pan hoey

www.yaoh.co.uk



Iron, Linc, Phosphorus, magnesium & other

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2.3g 0.5g 0.5g

667 15.2g 1.6g

65.0 وگ.01 1.4g

[NI97 /I62Xcal/ 767K]

Also contains Calcium, Copper, Vitamin E,

minerals and trace minerals

of which Omega 6 LA of which Omega 3 ALA of which Omega 6 CLA of which Omega 3 SDA Fibre

Typical values per 30g serving

Nutritional Information

removed from the heat.

to preserve the full nutritional status.

and essential fatty acids and can be used on a regular basis. Best eaten raw

Dehulled hemp seed is rich in protein

sprinkle them on to hot food once

salads for lunch, and added to pasta

smoothies for brunch, sprinkled on

Ylize9 bne 9litelov 916 Acid easily full nutritional status, especially the

are best eaten raw to preserve the

Yaoh organic dehulled hemp seeds

can be added to cereals at breakfast,

damaged. Yaoh dehulled hemp seeds

and rice dishes for dinner – Just

Fat -of which saturate 2 cporrol daidwige

- ot which sugar

Energy Protein Carbohydrate

wnipos

Fibre

OF&G DRGANI

Best before





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Sion Road, Bristol,

Hebron House,

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litruu tehneld e

Blend together in bodi∋M

Juice (untiltered)

) litre fresh apple

Oue Iump ginger

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Ingredients

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Some chopped fresh

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A handful of strawberries

Dehulled Hemp Seed, Sunshine Smoothies













125g (



Storage









BAG CARD widely

125g \oplus

Yaoh Ltd. Hebron House, Sion Road, Bristol, BS3 3BD. UK www.yaoh.co.uk



ORGANIC DEHULLED HEMP SEED



With Omega 3, 6 and 9

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(yaoh)

