

Average Nutritional Values/ valeur nutritionnelle
moyenne pour/ keskimääräinen ravintoarvo/ gemiddelde
voedingswaarde/ näringsvärden/ **per 100g**

Energy/ énergie/energia/ energi/energie	3760kJ/900kcal
Fat/ matières grasses/rasva/vetten/fett	100g
of which saturates/ dont acides gras saturés/ josta tyydyttynyttä/waarvan verzadigde vetzuren/hvorav mettet fett	10g
Mono-unsaturates	14g
Polyunsaturates	76g
of which Alpha Linolenic Acid	15g
of which Linoleic Acid	56g
Carbohydrate/ glucides/hiilihydraatit/ koolhydraten/karbohydrater	<0.1g
of which sugars/ dont sucres/josta sokereita/ waarvan suikers/hvorav sukkerarter	<0.1g
Fibre/ fibres alimentaires/ravintokuitu/ vezels/fiber	<0.1g
Protein/ protéines/proteiini/eiwitten/protein	<0.1g
Salt/ sel/suola/zout/salt	<0.1g

Once opened keep refrigerated and consume within 6 weeks/ Après ouverture, conserver au réfrigérateur et consommer endéans les 6 semaines/ Avaamisen jälkeen pida jääkaapissa ja käytä 6 viikon sisällä/ Na openen in de koelkast bewaren en binnen 6 weken consumeren/ Öppnad förpackning förvaras i kylen och används inom 6 veckor.

Best before: see stamp/ À consommer de préférence avant le: voir impression/ Parasta ennen: katso pakkauksen päältä/ Ten minste houbbaar tot: zie stempel/ Bast före-datum: se datummärkning.

www.biona.co.uk

Biona, 6a Lower Teddington Rd, Kingston, KT1 4ER, UK
Biona, Turfsteker 6, 8433 HT, Haulerwijk, Netherlands



ORGANIC HEMP SEED OIL

*cold-pressed organic
hemp seed oil*

*a good source of
Linoleic fatty acid
and high in Omega 6*

250ml

ORGANIC HEMP SEED OIL

Hemp Seed Oil has been known for centuries as an excellent source of vital polyunsaturated fatty acids, so important for the human organism.

Biona Organic Hemp Seed Oil contains Linoleic Fatty Acid. A rich and natural source of Omega-6.

GB ORGANIC HEMP SEED OIL

Ingredients: Hemp Seed Oil*. * = Certified Organic Ingredients.

F HUILE DE GRAINES DE CHANVRE BIOLOGIQUE

Ingédients: huile de chanvre*.

* = issu de l'agriculture biologique.

FIN LUOMU HEMPEN SIEMENÖLJY

Ainekset: hampunsiemenöljy*. * = kontrolloitu luomutuote.

NL BIOLOGISCHE HENNEPZAADOLIE

Ingrediënten: hennepzaadolie*.

* = van gecontroleerd biologische landbouw.

S EKOLOGISK HAMPFRÖN OLJA

Ingredienser: hampfrön olja*.

* = certifierat ekologiska ingredienser.

Our careful pressing and bottling method preserve the nutritional wealth, natural flavour and rich green colour as much as possible.

Serving suggestion: Drizzle our Hemp Seed Oil over your salad, savoury dish or simply enjoy on its own.

Recommended usage: 1-2 tablespoons per day.



NL-BIO-01
non-EU Agriculture
Agriculture non UE
EU-nulkopudinen maataloutta
niet-EU Landbouw
icke-EU jordbruk



250ml

