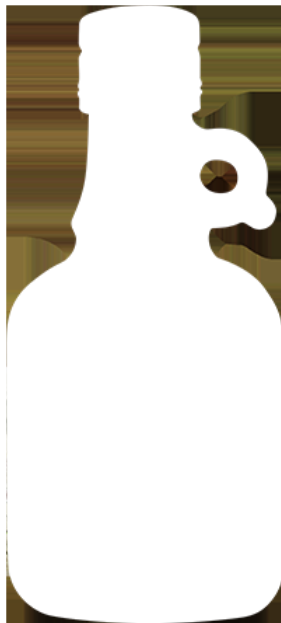




## *Cannabis sativa seed oil*



Cold-pressed hemp seed oil has a distinctive flavour and scent. It may be added to potatoes, groats, cooked vegetables, salads and other cold-served dishes. Hemp seed oil is high in unsaturated fat, including polyunsaturated fat, and high in omega-3 fatty acids which belong to the Essential Fatty Acids (EFAs). Replacing saturated fats

with unsaturated fats in the diet contributes to the maintenance of normal blood cholesterol levels [MUFA and PUFA are unsaturated fats]. Maintaining normal health requires a varied and balanced diet and a healthy lifestyle. Hemp seed oil should be served cold. Do not use it to heat up or fry food.

**INGREDIENTS:** cold-pressed Cannabis sativa seed oil.

Nutrition declaration per 100 ml:	
Energy value	3411 kJ/830 kcal
Fat, of which:	92 g
Saturates	9.3 g
Mono-unsaturates	12.4 g
Polyunsaturates	70 g
Carbohydrate, of which:	0 g
sugars	0 g
Protein	0 g
Salt	0 g
Omega-3 (alpha-linolenic acid)	16 g
Omega-6 (linoleic acid)	51 g

<b>NOTE!</b> A natural sediment may form. Store in room temperature. Omega-9 (oleic acid)	11 g
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**Place of provenance:** A- EU, B-Canada, C-Poland

### *Volume:*

- 250 ml netto

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