

Hemp seed and Oil

Hemp seed is the richest source of EFA's (essential fatty acids) in the plant kingdom and contains a relatively low percentage of saturated fats. The EFA's in the oil and seeds promote cellular growth, healthy skin, hair, and eyes, aid in immune response, disease prevention, weight control, and even in cognitive functions.

The human brain is 60% fat; therefore the EFA's are critically important to its proper function and good health. EFA's are also the raw material the body needs to produce hormones, the body's communication network for cellular activity. Hemp oil supports the body's detoxification process due to the fact that the LA (linoleic acid) and ALA (Alpha- linolenic Acid) have the ability to carry toxic substances to the surface of the skin, intestinal tract, kidneys, and lungs where they can be eliminated from the body."

The nutritional content of the hemp seed is impressive, offering 30% complete and highly digestible protein and containing over 36% essential fatty acids, which is 16% more than flaxseed. It is the best source of Omega 3, Linolenic acid and Omega 6, Linoleic acid, as well as GLA, Gamma Linoleic acid (approximately 3%). Hemp seed contains protein, lipids, choline, inositol, enzymes, vitamins, minerals, phospholipids, phytosterols, and all eight essential amino acids. The amino acid profile is superior to soyabean, human milk, and cow's milk.

Naturally enriched with Essential Fatty Acids (EFA's), Hemp Oil is the most perfectly balanced oil available. It may be blended with Almond and Avocado Oils for extra hydration. It absorbs quickly and evenly.

Other useful Oil are: Primrose Oil, Borago Oil, Black Currant Oil, Almond Oil, Apricot Oil, Avocado Oil, Flaxseed Oil.