



Hemp Seed Oil

Certified Organic, Cold Pressed



bio-oils.co.nz

Hemp Seed Oil

A Plant Based Source of Omegas With a 0.3:1 Ratio Alongside Gamma-Linolenic and Stearidonic Acids

What is Hemp Seed Oil

Our Hemp Seed Oil is certified organic and cold pressed to preserve its natural nutritional qualities and rich, balanced omega profile. Hemp Seed Oil is a source of 17% Omega 3, 55% Omega 6 (LA), and 11% Omega 9 and is one of the few oils which also contain Gamma-Linolenic Acid, and Stearidonic Acids..

Health Benefits

Hemp Seeds have been shown to have many health benefits¹. Studies have shown Hemp Seed Oil can help with heart health by lowering cholesterol levels and reducing inflammation; Aid with Skin Health by consuming internally and using topically; reduce inflammation due to GLA levels which may alleviate arthritis symptoms, and increase absorption of fat-soluble vitamins such as Vitamin A, D, E and K.

Country of Origin

Grown in Canada.

1 - Cerino, P., Buonerba, C., Cannazza, G., D'Auria, J., Ottoni, E., Fulgione, A., Di Stasio, A., Pierri, B., & Gallo, A. (2021). A Review of Hemp as Food and Nutritional Supplement. Cannabis and cannabinoid research, 6(1), 19–27. <https://doi.org/10.1089/can.2020.0001>

Available Bulk Packaging: 20L HDPE Drum, 200kg Steel Drum, 915kg Tripak



Nutritional Information

Nutrition Information		
Serving size: 15ml	Average Quantity per Serving	Average Quantity per 100ml
Energy	520 kJ	3400 kJ
Protein	0 g	0 g
- gluten	0 g	0 g
Fat, total	14 g	93 g
- saturated	1.3 g	9.6 g
- trans	0 g	0 g
- polyunsaturated	11 g	78 g
- alpha linolenic acid (omega 3)	2.6 g	19 g
- stearidonic acid (omega 3)	0.2 g	1.2 g
- linoleic acid (omega 6)	7.7 g	55 g
- gamma linolenic acid (omega 6)	0.4 g	3 g
- monounsaturated	1.6 g	12 g
Cholesterol	0 g	0 g
Carbohydrate	0 g	0 g
- sugars	0 g	0 g
Sodium	0.1 mg	0.7 mg

Ingredients: Cold Pressed, Unrefined, Extra Virgin, Certified Organic, NZ Grown Hemp Seed Oil (100%).



Functional Ingredients

All 9 Essential Amino Acids
Protein
Fibre
Magnesium
Iron
Zinc



Uses & Applications

Hemp Seed Oil is the perfect way to top up your Omega-3 and Omega-6 levels. Blend into your favourite smoothie, yoghurt or shake. Mix with cottage cheese, hummus, pesto or dip. It goes well with vegetable dishes, salads, mashed potatoes and soups. Can be used in sauces, marinades and salad dressings. Use as a natural moisturiser to nourish the skin, and it can be used to treat dry or damaged hair.