

Whole Hemp Seed

Nutritional Analysis

NUTRITION PROFILE



hempfoods
AUSTRALIA

Protein	23.04%	Poly unsaturated Fats	Vitamin E 3mg/100g	
Carbohydrate	52.67%	Linolenic Acid C18:2w6(LA)	56%	Vitamin C 1.4mg/100g
of which sugars	2.47%	Linolenic Acid C18:3w3(LNA)	19.4%	Vitamin B1 0.9mg/100g
Fat	9%	Gamma Linolenic C18:3w1 (GLA).		Vitamin B2 11mg/100g
Sodium (mg/100g)	17.7%	Trans fatty acids	Vitamin B3 2.5mg/100g	
Dietary Fibre	35.36%	Palmitoleic Acid c16:1 <0.1%	Vitamin B6 0.3mg/100g	
Kcal	384%	Oleic Acid C 18:1	<0.1%	Magnesium 605.9mg/100g
Kjoules	1606%	FATTY ACID PROFILE	Potassium 170mg/100g	
Saturated fatty acids	1%	% Lipid	31%	Sodium 22mg/100g
Mono unsaturated fatty acid	1.1%	16:0	6.28%	Calcium 168mg/100g
Highly unsaturated fatty acid	6.5%	16:1w7	0.13%	Chlorophyll 50ppm
Trans fatty acid	<0.1%	18:0	2.42%	Water(moisture) 10.4%
Fatty Acid Breakdown as % w/w of fat		18:1w9	12.15%	Aminoacids
Butanoic Acid C4	<0.1%	18:1w7	0.68%	Alanine 9mg/g
Hexanoic Acid C6	<0.1%	18:2w6 omega 6 (LA)	55.73%	Arginine 18.8mg/g
Caprylic Acid C8	<0.1%	18:3w3 omega 6 (GLA)	1.09%	Cystine 19.8mg/g
Capric Acid C10	<0.1%	18:3w3 omega 3 (LNA)	18.72%	Glutamin acid 34.8mg/g
Lauric Acid C12	<0.1%	18:4w3	0.48%	Glycin 9.7mg/g
Myristic Acid C14	<0.1%	20:0	0.72%	Histidine 2.5mg/g
Palmitic Acid C16:0	8.4%	20:1w9	0.39%	Isoleucine 1.5mg/g
Stearic Acid C 18:0	3.1%	Saturates	9.42%	Leucine 7.1mg/g
Arachidic Acid C20:0	<0.1%	Monosaturates	13.35%	Lysine 4.3mg/g
Mono unsaturated Fats		Polyunsaturates	74.99%	Methionine 2mg/g
Palmitoleic Acid C16:1	<0.1%	Oil	3000%	Phenylalanine 3.5mg/g
Oleic Acid C 18:1	13.1%	Ash	5.9%	Prolamine 7.3mg/g
		Vitamin A (carotene)	7.63iu	Serine 8.6mg/g
				Treonine 3.7mg/g
				Tryptophan 0.6mg/g
				Tyrosine 5.8mg/g
				Valine 3mg/g

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