

Product Name: Hemp Hearts

Description: Hulled hemp seeds are the white inner meat or nut of the hemp seed.

Physical Properties

Appearance	Small white nuts with some green skin flecks.	Method: Visual observation
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Organoleptic Properties

Flavor	Slightly nutty.	Method: Organoleptic analysis
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Chemical Properties

Moisture	Maximum: 9 %	Method: Halogen Thermogravimetric Analysis
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THC Content	Maximum: 4 ppm	Method: THC by GC-MS
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Packaging, Labeling, Storage

Packaging	Poly bag in box or to customer specification
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Receiving Conditions	Product should be shipped and handled in a sanitary manner.
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Storage Conditions	Store in a dry, cool place.
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Shelf Life	12 months (under optimum storage conditions).
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Other

Gluten Status	This product (and if applicable its ingredients) by nature does not contain the gluten proteins found in wheat, rye or barley. This product has not been tested to verify gluten levels less than 20 ppm.
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Natural Status	This product is a 100% pure, natural substance. It does not contain any artificial, synthetic or natural identical additives.
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BE Status	This product does not contain bioengineered ingredients.
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Vegan Status	This product does not contain any animal derived products including meat, milk, seafood, eggs, honey or bone char.
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Halal Status	This product does not contain alcohol, natural L-cysteine extracted from hair or feathers, animal fats and/or extracts, bloods of any origin, blood plasma, pork and/or other meat by-products & alcohol is not used as a processing aid.
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SDS Waiver	To the best of our knowledge this product is non-hazardous and not subject to the requirements of 29 CFR 1910.1200. Although this product does not require specific hazard precautions, users should take care to minimize personnel exposure and workplace contamination.
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ALLERGEN STATEMENT FOR HEMP HEARTS

"Q #1: Does the item above contain any of the following allergens or their derivatives?"		"Q #2: Is the item above produced on equipment that comes in contact with any of the following allergens?"		"Q #3: Is the item above produced in a facility that uses or processes these allergens?"		ALLERGENS
YES	NO	YES	NO	YES	NO	
	X	X		X		MILK
	X	X		X		EGGS
	X	X		X		SOYBEANS
	X	X		X		WHEAT
	X		X		X	PEANUTS
	X	X		X		TREE NUTS
	X		X		X	FISH
	X		X		X	CRUSTACEAN SHELLFISH
	X	X		X		SESAME
	X	X		X		MUSTARD
	X	X		X		ADDED SULFITES

Equipment is cleaned and sanitized between production runs to prevent allergens from contaminating non-allergenic products.



OliveNation LLC

50 Terminal St., Bldg. 2, Ste. 712, Charlestown, MA 02129

www.OliveNation.com ~ 617-580-3667

Product Name: Hemp Hearts

Ingredient Statement

Hemp seed.

Product Certifications

Certified Kosher Parve

Proximate Analysis

Protein	31.56	g
Carbohydrate	8.67	g
Moisture	4.96	g
Ash	6.06	g
Fat	48.75	g

Nutritional Analysis

Serving Size	100.00	g
Calories	553.00	
Total Fat	48.75	g
Saturated Fat	4.60	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	5.00	mg
Total Carbohydrates	8.67	g
Dietary Fiber	4.00	g
Sugars	1.50	g
Protein	31.56	g
Vitamin A	11.00	IU
Vitamin C	0.50	mg
Calcium	70.00	mg
Iron	7.95	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	1,200.00	mg



HEMP HEARTS

NON
GMO

GLUTEN
FREE

STORE IN A DRY, COOL PLACE.

Hemp Hearts are the soft and creamy seed from the inside of the hemp shell. Often referred to as a super-food because of their considerable nutritional value, Hemp Hearts also have a light, sweet nutty flavor.

- White with some green flecks
- Tiny, about the size of sesame seeds
- Rich in vitamin E, omega-6 fatty acids, and iron

Nutrition Facts

servings per container	
Serving size 3 tablespoons (30g)	
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 15 g	19%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 3 g	1%
Dietary Fiber 1 g	4%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 9 g	
Vitamin D 0.0 mcg	0%
Calcium 21.0 mg	0%
Iron 2.4 mg	15%
Potassium 360.0 mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

BASIC PREP

Ready to use.

SUGGESTED USES

- Sprinkle on hot and cold cereals
- Blend into smoothies
- Bake into breads, muffins, cookies
- Use to top vegetable dishes
- Top fresh fruit and serve over frozen yogurt

RECIPE

Strawberry-Blueberry Hemp Heart Smoothie

Hemp Heart-shelled hemp seeds are a turbo-charged, energy-boosting way to incorporate protein, essential fats and vitamins into your diet. When pureed into this smoothie first thing in the morning, they help curb hunger. What's more, they help digestion.

2 cups almond milk
2 cups frozen strawberries
2 cup frozen blueberries
6 tablespoons hemp hearts

Add ingredients to the blender and puree until smooth, about 3 minutes. Thin with a bit more almond milk, as needed.

Pour into in glasses and serve.

Serves 2
Prep Time: 5 minutes
Cook Time: 0 minutes

INGREDIENTS

Hemp Seed.



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COUNTRY OF ORIGIN DECLARATION FOR HEMP HEARTS

THIS PRODUCT ORIGINATES FROM CHINA