

Manitoba Harvest Hemp Oil is a rich source of Omega-3 and Omega-6 Essential Fatty Acids (EFAs) including the rare Gamma-Linolenic Acid (GLA) and Stearidonic Acid (SDA).

Manitoba Harvest Hemp Oil has a nutty, fresh flavor. Add it to smoothies, or use in salad dressings and sauces. It's perfect for drizzling over bread, pasta or salad for a delicious and nutritious addition to your meal.

For more tasty ideas, go to [manitobaharvest.com!](http://manitobaharvest.com!)

Not to be used for frying or heated above 350°F (176°C).

## Hemp Pesto

Yields 2 1/2 cups

- 1/2 cup Manitoba Harvest Hemp Oil
- 3 tbsp Manitoba Harvest Hemp Hearts
- 1/8 cup Organic Lemon Juice
- 1/2 cup Organic Walnuts or Pine Nuts
- 2 pinches Salt
- 1 clove Garlic (optional)
- 1 cup Organic Basil Leaves

Combine all ingredients except Manitoba Harvest Hemp Hearts in a food processor. Use as a topping for chicken, or toss with your favorite whole wheat pasta. Top with Hemp Hearts!

Established in 1998, Manitoba Harvest is the world's largest hemp food manufacturer to grow, make and sell its own brand of hemp food products. Manitoba Harvest is proud to offer a full line of great tasting products including Hemp Hearts (raw shelled hemp seeds) and Hemp Protein Powders. Packed with nutrients, our Hemp Oil is raw, cold pressed and always fresh!

**KEEP REFRIGERATED**

[MANITOBABARVEST.COM](http://MANITOBABARVEST.COM)



2000 mg OMEGA-3      420 mg GLA  
140 mg SDA

# HEMP OIL

UNREFINED – COLD PRESSED HEMP SEED OIL

12 fl. oz. (355ml)

## Supplement Facts

Serving Size 1 Tbsp (15 ml)

Servings Per Container 24

Amount Per Serving

Calories 121

Calories from Fat 117

% Daily Value

**Total Fat** 13 g **20%**

**Saturated Fat** 1 g **6%**

**Trans Fat** 0 g †

**Polyunsaturated Fat** 10 g †

**Monounsaturated Fat** 2.0 g †

**Cholesterol** 0 mg **0%**

**Sodium** 0 mg **0%**

**Total Carbohydrate** 1 g **0%**

**Dietary Fiber** 0 g **0%**

**Sugars** 0 g †

**Protein** 0 g

Omega-3 (alpha-linolenic acid ALA) 2000 mg

Omega-6 (linoleic acid LA) 8000 mg

GLA (gamma-linolenic acid) 420 mg

SDA (stearidonic acid) 140 mg

\* Percent Daily Values (DV) are based on a 2,000 calorie diet

† Daily Value not established

**INGREDIENTS:** Raw cold pressed hemp seed oil

**MANUFACTURED BY/**  
Manitoba Harvest Hemp Foods  
Winnipeg, Manitoba,  
Canada R2R 1V4  
1-800-665-HEMP (4367)

**PRODUCT OF CANADA**



PAREVE



NON  
GMO  
Project



Packaged On:

Freshest Before:

02.01.2014

