

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!

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

MANITOBAHARVEST.COM



2000 mg
OMEGA-3

420 mg GLA
140 mg SDA

HEMP OIL

UNREFINED – COLD PRESSED HEMP SEED OIL

32 fl. oz. (946 ml)

Supplement Facts

Serving Size 1 Tbsp (15 ml)
Servings Per Container 63

Amount Per Serving		Calories from Fat 117
Calories 121		
		% 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 (stereodonic 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:

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1-800-665-HEMP (4367)

PRODUCT OF CANADA



Packaged On:

Freshest Before:

