

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 favourite 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

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2000 mg
OMEGA-3

420 mg GLA
140 mg SDA

Organic HEMP OIL

UNREFINED – COLD PRESSED HEMP SEED OIL

8.4 fl. oz. (250ml)



Supplemental Facts

Serving Size 1 Tbsp (15 ml)

Servings Per Container 17

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 (linolenic acid ALA) 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 organic hemp seed oil

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MANUFACTURED BY/
Manitoba Harvest Hemp Foods
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1-800-665-HEMP (4367)

PRODUCT OF CANADA
Certified Organic by Pro-Cert



Packaged On:

Freshest Before: