

# Hemp Seed Oil Factsheet

## Components

***The human body uses fatty acids from food for building tissues and for specialised functions such as the production of prostaglandins, localised tissue hormones.***

One major group of fatty acids is called essential fatty acids, which are polyunsaturated, and include two major groups, omega-3 and omega-6 fatty acids.

They are called “essential” because the body cannot make them and thus, must obtain them from food sources. Hemp seed oil is the only edible seed oil to contain over 80% polyunsaturated EFA's and boasts not only the optimum ratio of Omega 3 and Omega 6, but also Gamma Linolenic Acid (GLA) and Stearidonic Acid (SDA).

### **What is the 'optimum Omega ratio' all about?**

Research data suggests that the optimum ratio of omega 6 to omega 3 for the ultimate human health ranges from 3:1 to 5:1.

The World Health Organisation (Sweden/Japan) recognises this optimum ratio to be 3:1. Studies in western populations today show that a typical diet has a ratio range of 10:1 to 20:1.

It is likely that excess refined foods, dairy and a lack of whole foods have contributed to this lack of balance, and in turn, our failing health. Through adjusting our diet to allow more natural intake of these EFA's, we can improve our cellular health and maximise long-term vitality.

### *What about GLA and SDA Essential Fatty Acids?*

Incorporating GLA and SDA into our diets helps our bodies assimilate fatty acids (ie the omegas).

The edibility of hemp seed oil is particularly beneficial as an alternative to other GLA rich sources (ie sunflower or evening primrose oil).

Adding SDA to the diet seems to lower risks of heart attacks because omega-3 fatty acids reduce the clotting tendency of the blood and improve cholesterol profiles.

These special fatty acids also have a natural anti-inflammatory effect, making GLA and SDA useful for people with arthritis and autoimmune disorders.

## Health Benefits

***Essential fatty acids perform a range of important roles in the human body, and we must obtain them from food sources to derive the health benefits as listed below:***

### *Hormonal Balance*

Hemp is the only edible seed containing GLA and magnesium-rich chlorophyll, both of which are beneficial in helping with PMS conditions including breast tenderness, bloating, cramping and other discomforts.

### *Cardiovascular Tonic*

Omega-3 oils have been shown in hundreds of studies to lower triglycerides and cholesterol levels - they are also effective in decreasing blood pressure, platelet stickiness and fibrinogen levels.

Numerous studies have shown that the substitution of polyunsaturated fats for saturated fats can reduce the risk of sudden cardiac arrest and high blood cholesterol levels. Research has found that for every 1% increase in omega-3, there was a 5mm Hg decrease in systolic, diastolic and mean blood pressure.

### *Anti Inflammation & Allergies*

Omega-3 helps produce PG3 (prostaglandin 3 series), the anti-inflammatory chemicals that work as local hormones in the human body.

Numerous studies show that EFAs have positive results in the treatment of many chronic diseases including eczema, itchy skin, acne, psoriasis, lupus and ulcerative colitis.

### *Anti - Arthritis*

Key fatty acids found in Hemp Seed Oil provide long-term support and maintenance of arthritic conditions, including rheumatoid arthritis.

### *Metabolism & Nerve Function*

The omega-3 fatty acids help nerve cells communicate with each other, which is an essential step in maintaining good mental health.

EFAs have been shown to work with oxygen and enhance electron transport, key activities in energy output within the cell as well as enhance nerve cell insulation.

### *Skin Health*

Hemp Seed Oil provides EFAs necessary for maintaining health and flexible skin cell membranes as well as exerting anti-viral, anti-fungal and anti-bacterial properties.

### *Immunity*

EFAs enhance immune function, speed up the rate of immune reactions, help to re-establish population control over intestinal bacteria and improve cellular energy for removing waste materials.

### *Physical Performance*

Omega-3 fatty acids help support the cardiovascular system during exercise and also reduce the negative effect of intense exercise on the immune system.

## **Nutritional Information**

Hemp Seeds contain approximately:

- 25% high quality gluten-free protein
- 10% carbohydrate
- 30% fat

All this in the form of an excellent quality oil.

Compared with most nuts and seeds, the 30% fat content is relatively low and Hemp Seed Oil also boasts zero cholesterol levels.

The protein content of Hemp Seeds are comparable to that of soya beans and better than that found in nuts, other seeds, dairy, meat, fish or poultry.

Hemp Seed Oil has a remarkable fatty acid profile, being high in the desirable omega-3s and also delivering GLA (gamma-linolenic acid) and SDA (stearidonic acid), both of which are absent from the fats we normally eat.

Nutritionally oriented doctors believe all of these compounds to be beneficial to health.

Hemp seed oil typically contains 57% linoleic (LNA) and 19% Alpha-linolenic (ALA) acids, in the three-to-one ratio that perfectly matches our nutritional needs.

These are the essential fatty acids (EFAs) so called, because the body cannot make them and must get them from external sources. The best sources are oils from freshly ground grains and whole seeds, but EFAs are fragile and quickly lost in processing.

## **Hemp vs Flax**

**Flax oil is pressed from the seeds of *Linum utitatissimum*, the source of linen fibre and an oil better known as linseed oil, the base for oil paints.**

- Flax seed oil is usually classified as a "drying oil" rather than a food oil because its chemical characteristics cause it to combine readily with oxygen and become thick and hard.
- This tendency to harden on exposure to air quickly turns linseed oil rancid and unfit to eat, but makes it useful as a vehicle for pigment on canvas.

### *Optimum Ratio*

Hemp Seed Oil has the perfect 3:1 ratio of Omega 6 to Omega 3. Flax seed oil has a ratio of 1:4 ratio respectively which does not promote the optimum health balance, especially if used long-term. Hemp oil contains more desirable EFAs than flax and can be used continuously without developing a deficiency or other imbalance of Omega 3.

### *Flavour*

Hemp Seed Oil has a delicious nutty flavour and is very versatile in cuisine. Most Flax Seed Oil is not delicious - though there is great variation in taste across brands, the best of them still leave much to be desired. Some consumers say it makes them gag, even when concealed in a salad dressing or baked potato.

### *Longevity & Freshness*

Udo Erasmus, author of the classic book, *Fats that Heal, Fats that Kill* (1996) says that the problem is freshness. Unless you get flax oil right from the processor and freeze it until you start using it, it will already have deteriorated by the time you buy it. Alternatively, Hemp Seed Oil keeps well both opened in the refrigerator and unopened in cool, dark storage.

### *GLA - gamma-linolenic acid*

Unlike flax oil (which has no GLA content at all), Hemp Seed Oil also provides GLA. Many people take supplements of GLA in the form of evening primrose oil, black currant oil or borage oil capsules. GLA stimulates growth of hair and nails, improves the health of the skin, and can reduce inflammation, and one quality oil that supplies both omega-3s and GLA, without the need to take more capsules..... has to be a good thing.

## **Hemp Seed Oil Capsules**

### *instructions for use & storage:*

- Adults: 3-6 1000mg capsules taken once or twice daily with food.
- Children under 12: Half the adult serving
- Store away from sunlight & refrigerate after opening

## **Hemp Seed Oil 250ml**

### *instructions for use & storage:*

Use as a base for salad dressings, drizzle over pasta & potatoes, enhance the flavour of fish, seafood, meats & vegetables and enjoy as a dipping oil.

Take 15mls daily as a dietary supplement - can be taken off the spoon or mixed with fruit juice, yoghurt and smoothies, an excellent choice for very young children or those unable to swallow capsules.

As the oil is cold pressed and produced naturally, some sediment may be present. Do not shake.

Store away from sunlight & refrigerate after opening. Not suitable for frying.

