



HEALTH BENEFITS OF

Hemp Hearts

High in PROTEIN contributes to the maintenance of muscle mass and normal bones.

Source of POTASSIUM contributes to normal muscle function and contributes to the maintenance of normal blood pressure.

High in MAGNESIUM contributes to electrolyte balance and contributes to normal psychological function.

High in FIBRE contributes to normal digestive system.

High in COPPER contributes to normal functioning of immune and nervous system, and the maintenance of normal hair and skin pigmentation.

Low SODIUM reducing consumption of sodium contributes to the maintenance of normal blood pressure.

High in OMEGA 3 (alpha-linolenic acid) contributes to the maintenance of normal blood cholesterol levels.

High in IRON contributes to the reduction of tiredness and fatigue, and to normal cognitive development of children.

High in ZINC contributes to normal carbohydrate metabolism, normal cognitive function and normal fertility and reproduction.



Check us out at www.foxcovertfarm.ie

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Hemp Hearts

Contains:

- Protein
- Omega 3 & 6
- Magnesium
- Iron
- Zinc
- Copper
- Source of Potassium

Perfect for higher protein and Omega content, with:

- 32g Protein per 100g, containing all nine essential amino acids
- 8.5g Omega-3 and 28g Omega-6 Fatty Acids per 100g, with an optimal 3:1 ratio

How to Use:

Enjoy as a snack, or sprinkle on porridge, cereal, yogurt, smoothies, salads, desserts, or add to granola, protein bars, pesto, baking or use as a nutrient boost in soups, stews, stir-fries and curries by adding to the end of the cooking process.





High in VITAMIN B12

contributes to normal energy-yielding metabolism, and normal function of the immune system.

High in MAGNESIUM

contributes to electrolyte balance and contributes to normal psychological function.

Source of PROTEIN

contributes to the maintenance of muscle mass and normal bones.

High in OMEGA 3 (alpha-linolenic acid)

contributes to the maintenance of normal blood cholesterol levels.

High in COPPER

contributes to normal functioning of immune and nervous system, and contributes to the maintenance of normal hair and skin pigmentation.

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Milled Hemp

Contains:

- Vitamin B12
- Fibre
- Magnesium
- Iron
- Zinc
- Copper
- Source of Potassium & Protein

A great choice for gut health, featuring:

- 42g Fibre per 100g to support digestion.
- A natural source of Vitamin B12, (as cyanocobalamin), crucial for energy and nerve health

How to use:

A perfect addition to porridge, cereals, yogurts, smoothies, granola, protein bars, hummus, soups, curries, baking or use as a nutrient boost in stews and stir-fries, by adding at the end of the cooking process.

