

Hemp Hearts / PrOmega Hemp Hearts

Since industrial hemp was first legalized in March of 1998 it has been grown as a closely regulated niche crop in Canada. To be clear, industrial hemp does not contain significant levels of the psychoactive ingredient in marijuana known as delta-9-tetrahydrocannabinol (THC) making it acceptable for use as a foodstuff in Canada and several other countries. Aside from hemp oil, other nutritional products which can be found on the market include flour, butter, and nut meal.



Martin Moravcik, a sales manager at Manitoba Harvest, suggested, "oil which is produced from industrial hemp seed contains the perfect overlay of essential fatty acids required for health." Moravcik continued, "the seeds offer exceptional nutritional properties as they include a perfectly balanced composition of omega-3 and omega-6 fatty acids and a rich protein complement in the seed meat." When consumed as part of a diverse and well rounded diet the essential fatty acids found in hemp could help maintain a healthy coat, joints, nails, reduce irritable skin and boost the immune system.

Proper nutrition plays a key role in our pet's whole health-body, mind and behaviour. The fatty acid families, Omega 6 (Linoleic Acid) and Omega 3 (Alpha Linoleic Acid) cannot be manufactured by the body, therefore must be added to the food ingredients or supplemented by a properly balanced food product, thus are deemed essential. Few commercially prepared foods include the proper balance. Lack of, or incorrect balance of these may lead to deficiencies in skin and coat condition, blood health, cardiovascular health and heart function, hormonal function, organ function, immunity, energy and metabolic levels, behaviour and mental conditions and joint health. Cell membranes must receive support from Essential Fatty Acids. This is health at the cellular level.

Cells are where the passage of nutrients, water and wastes are regulated.

Cells are where the production of energy occurs. An acceptable balance generally agreed upon by researchers is a ratio of 10:1 to 5:1 (Omega 6: Omega 3). But the "only" natural oil by itself that provides a favourable balance is Hemp Seed Oil in a 3:1 ratio. This ratio adds a little more Omega 3 which may make up for the shortage in food ingredients.

Q. What is the recommended daily intake of hemp seeds?

A. Health practitioners suggest three to five tablespoons of shelled hempseed per day for humans; ½ tsp per 10 pounds for dogs per day.

Q. What is the recommended daily intake of hemp oil?

A. Health practitioners suggest one or two tablespoons of hemp oil per day for humans; ½ tsp per 10 pounds for dogs per day.

Q. Why is hemp so nutritious?

A. Hemp oil contains the most essential fatty acids (EFAs) of any nut or seed oil, with the omega-3 and omega-6 EFAs occurring in the nutritionally optimal 1:3 ratio.

Q. Why are essential fatty acids (EFAs) important?

A. Essential fatty acids cannot be produced by the human body; they must be obtained from your diet. As the name implies, they are essential to your health and well being. Seventy percent of adults who eat a typical Western diet do not get enough omega-3 fatty acids, and at the same time, they get too much omega-6 fatty acids. This imbalance can cause a wide range of health problems.

Q. What are the benefits of hemp vs. flax?

A. Shelled hempseed is more easily digested than ground flax seed, while whole flax seed passes through your body undigested. Hemp seed and hemp oil also contain higher-potency omega derivatives, GLA and SDA, which flax seed lacks.

To order Hemp Hearts or for more information please contact us at **QuinnCarlin Distributors Ltd.**,
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