



Hemp Seed Oil

"Your Nutritional Powerhouse"

To Prevent Disease and
Promote Vibrant Health

"Do I believe my Health is my
own Responsibility?"

HEMP SEED OIL FACTS:

1. Hemp Oil is a Food
2. Hemp Seed Oil is Cold-Pressed, Bottled in Dark Glass bottles to keep out light/heat and air to preserve its nutrients.
3. Hemp is an eco-friendly plant, grown without pesticides or herbicides.
4. Hemp Seed Oil contains negligible amounts of THC.
5. Hemp Seed Oil contains Essential Fatty Acids (EFAs) Omega 3, 6 and 9 in a balance of 3:1 (Omega 6 to Omega 3)
6. Hemp Seed Oil's shelf life is 2 years unopened. Opened and refrigerated, 6 months.
7. Hemp Seed Oil has a natural preservative due to its content of Vitamin E.
8. Hemp Seed Oil is a carrier oil, therefore beneficial in Topical Therapeutic Products.
9. Hemp Seed oil can be used in salads, dips, spreads, shakes or smoothies.
10. Hemp Seed Oil has a light nutty flavour.
11. Hemp Seed Oil is not designed for high heat (frying). May be used for sautéing or add after cooking (Mashed potatoes).
12. Hemp Seed Oil has no known toxicity.
13. You may take Hemp Seed Oil for life because it is a balanced oil and a food not a herb.

HEMP SEED OIL CONTAINS:

1. Vitamin E
2. Chlorophyll
3. Omega 3, 6 and 9
4. GLA
5. Phytosterols
6. Phospholipids
7. Carotenes
8. Calcium
9. Magnesium
10. Potassium
11. Natural Anti-Inflammatory
12. Anti-Oxidants

See glossary on our website !

ESSENTIAL FATTY ACIDS

Essential Fatty Acids are the building blocks of all the cells in your body, including those in your organs, your muscles and your skin. If there is anything wrong with the fatty acids in any part of your body, or if there is a deficiency of any of them, there could be a change in the way your body functions. This is proof that the right fats are good for you! Your body needs the right fats and oils to function properly.

CHOLESTEROL / HIGH BLOOD PRESSURE:

Essential Fatty Acids attach to cholesterol and help to transport it out of the blood stream for disposal from the body.

Essential Fatty Acids prevent blood platelets from becoming "sticky" and forming blood clots; in other words they keep the blood thin, thereby reducing the risk of high blood pressure.

OIL COMPARISON CHART

Omega 6 to Omega 3

- Hemp Seed oil 3:1
- Coconut Oil 2:0
- Soybean Oil 11:1
- Canola Oil 2:1
- Flax Seed Oil 0.25:1
- Evening of Primrose 7:1

Food Sources:

Omega 6 Sources:

Hemp Oil, safflower, corn, nuts, legumes, evening of primrose oil, black currant seed oil, meats, eggs and dairy products.

Omega 3 Sources:

Flax Seed Oil is a good source of Omega 3, however it is not designed for long-term use alone due to creating a deficiency in Omega 6 (common signs: papery thin skin).

Primrose Oil:

Evening of Primrose Oil is a good source of Omega 6, which you would need to combine with an Omega 3 oil to give you the balance.

WHAT MAKES OUR PRODUCTS UNIQUE?

The optimum health ratio of Essential Fatty Acids (Omega 6 to Omega 3) in the human diet formulated by the World Health Organization in 4:1. Hemp Seed Oil has a near perfect balance 3:1. It is the only oil that offers this balance naturally.

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ORDER ON-LINE

www.atlantichealinghemp.com