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Hemp seeds are rich in healthy fats and essential fatty acids.

They are also a great protein source and contain high amounts of vitamin E, phosphorus, potassium, sodium, magnesium, sulfur, calcium, iron and zinc. Gamma Linolenic Acid (GLA), antioxidants, amino acids, fiber, iron, zinc, carotene, phospholipids, phytosterols, vitamin B1, vitamin B2, vitamin B6, vitamin D, chlorophyll, calcium, magnesium, sulfur, copper.

Hemp seeds are a great source of arginine and gamma-linolenic acid, which have been linked with a reduced risk of heart disease.

Hemp seeds are rich in healthy fats. They have a 3:1 ratio of omega-6 to omega-3, which may benefit skin diseases. In some cases, this may provide relief from eczema and its uncomfortable symptoms.

About 25% of the calories in hemp seeds come from protein. Hemp seeds contain all the essential amino acids, making them a complete protein source.

Whole hemp seeds contain high amounts of fiber, both soluble and insoluble, which benefits digestive health. De-hulled hemp seeds have had the fiber-rich shell removed, and therefore contain very little fiber.

Overall, hemp seeds are incredibly healthy. They might just be one of the few superfoods that are worthy of their reputation.

The nursing staff at DSMH