

HempNatura® Fact Sheet

About HempNatura's nutrition products:

Hemp is a complete protein and a very nutritious option to meat-based protein.

Approximately 44% of the weight of hempseed is edible oils, containing about 80% [essential fatty acids](#) (EFAs); e.g., [linoleic acid](#), [omega-6](#) (LA, 55%), [alpha-linolenic acid](#), [omega-3](#) (ALA, 22%), in addition to [gamma-linolenic acid](#), [omega-6](#) (GLA, 1–4%) and [stearidonic acid](#), [omega-3](#) (SDA, 0–2%). Proteins (including [edestin](#)) are the other major component (33%).

Hemp protein contains all nutritionally significant amino acids, including the 9 [essential](#) ones^[12] adult bodies cannot produce. Hempseed's [amino acid](#) profile is "complete" when compared to more common sources of proteins such as meat, milk, eggs and [soy](#).^[11] Proteins are considered complete when they contain all the essential amino acids in sufficient quantities and ratios to meet the body's needs. The proportions of linoleic acid and alpha-linolenic acid in one tablespoon (15 ml) per day of [hemp oil](#) easily provides human daily requirements for EFAs.

Hemp is proven to be a [carbon negative](#) crop that requires relatively little water, as well as no herbicides or pesticides. For these reasons Hemp is a source of protein that is as good for the environment as it is for people. Hemp is quite the opposite of the highly destructive livestock industry, which causes global warming through its massive production of greenhouse gasses and rampant deforestation in order to more ranch lands for cows and pigs.

About HempNatura's body care products:

Hemp seed oil is renowned for its skin moisturizing and rejuvenating properties, and **hemp has the highest concentration of essential fatty acids (EFAs) of any essential oil**, as well as the perfect balance of Omega 3 and Omega 6 EFAs. Essential fatty acids have the ability to enter directly into the lipid layers of your skin cells and hair follicles, replenishing the oils that are missing due to sun exposure, poor nutrition or neglect—clinical studies show this can actually slow down the aging effects on skin.