



Available in: 250g and 1kg pouches

# HEMP HEARTS



DAIRY FREE



VEGAN FRIENDLY

## SUPERFOOD + SUPERFUEL

After harvest, whole hemp seeds are de-hulled and the best hearts are selected by weight and structure to deliver the finest quality hemp hearts. Tiny but mighty; hemp hearts are nutritionally dense, pulsing with protein to nourish your body, and they are rich in essential fatty acids to power your brain. Hemp hearts are small off-white seeds which have a light nutty flavour with buttery undertones that makes them a great partner to both savoury and sweet.

### Why we love it?

- 9 essential amino-acids
- Optimal ratio of essential fatty acids 3 & 6 at the ideal ratio of 1:3
- Plant-based protein
- Highly digestible protein source
- Low in sugar
- Good Source of Omega 6 and Omega 3
- Nourishes skin, hair and joints
- Spray and GMO/GE free
- Versatile and delicious buttery-nut flavour

### Nutritional information

	Average* Quantity per 100g	Percent* of Total Fat
Energy	2430kJ	
Calories	582cal	
Protein	33g	
Total Carbohydrate	7.8g	
Sugar	1.9g	
Total Fat	47g	
Saturated Fat	4.5g	
Sodium	<5mg	
OMEGA 3 (Alpha-Linolenic A.)	8.3g	0.86%
OMEGA 6 (Linoleic Acid)	28g	0.78%
OMEGA 6 (Gamma-Linolenic Acid)	1.4g	0.35%
OMEGA 9 (Oleic Acid)	6g	0.32%
<i>*Hemp Hearts are a natural product and therefore values are an average, subject to some variation</i>		
Lignoceric Acid		0.13%
Palmitoleic Acid		0.12%



Available in: 300g pouches

# HEMP POWER BLEND



DAIRY  
FREE



VEGAN  
FRIENDLY

## HEALTH + VITALITY

Hemp Connect Hemp Power Blend is a powerful blend of sacred plants; **HEMP, MACA & CACAO**. NZ grown and made hemp protein and certified organic activated yellow maca and raw cacao ethically sourced from Peru are heavy in nutrition but tread lightly on the earth. This chocolate-caramel health superstar is a delicious easy add for smoothies, sweet treats, and hot drinks.

### Why we love it?

- Good source of protein
- Ethically sourced maca & cacao
- Certified Organic maca & cacao
- NZ Made and Grown Hemp protein
- Blended with love by Hemp Connect
- GMO-free
- Spray-free
- Free of pesticides/additives
- Delicious caramel-chocolate flavour

### Nutritional information

**Average\*  
Quantity per  
100g**

Energy	1550kJ
Protein	30.5g
Total Carbohydrate	36.8g
Sugar	1.6g
Total Fat	8.9g
Saturated Fat	2.3g
Sodium	23mg
Cholesterol	<1g
Magnesium	62g
Potassium	750mg

*\* Hemp Power Blend is a natural product and therefore values are an average, subject to some variation*

Maca Experts  
*By Selena Health*

## MACA & CACAO



The ancient Inca used maca to improve energy, vitality and prevent adrenal fatigue. Maca can contribute to balancing hormones, improving thyroid function, mental focus, memory, and metabolism and is a natural anti-depressant. It is also said to improve reproductive health, libido and sexual function in both men and woman. Cacao powder is high in antioxidants, and packed with anadamide, tryptophan, PEA, polyphenols, magnesium, zinc and other essential minerals.