



# Badia hulled hemp seeds nutrition - Hemp Seeds Benefits, Nutrition, Uses and Side Effects Axe

According to the USDA, 28 grams (about 2 tablespoons) of hemp seeds contains about: 161 calories3 grams carbohydrates2 grams protein3 grams fat 2 grams fiber8 milligrams manganese (140 percent DV)4 milligrams vitamin E (77 percent DV) 300 milligrams magnesium (75 percent DV) 405 milligrams phosphorus (41 percent DV)

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🔪 EASY-TO-GROW & AWARD-WINNING GENETICS

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🔪 TOP OUTDOOR SELECTION

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"Additionally, hemp seeds are a good source of vitamin E, B vitamins, iron, zinc, and magnesium," Chatfield "They've also been found to contain polyphenols, natural plant compounds with antioxidant activity, which may provide further health benefits," she Hemp Seeds May Protect Against Heart Disease

**Best Is Hemp Seed Paleo [May 2022] - JohnHarvards**

# Nutrition Facts

About 15 servings per container

**Serving size**            **3 tbsp (30g)**

Amount per serving

**Calories**                      **180**

**% Daily Value\***

**Total Fat** 15g                                      **19%**

Saturated Fat 1.5g                                **8%**

*Trans* Fat 0g

Polyunsaturated Fat 12g

Monounsaturated Fat 2g

**Cholesterol** 0mg                                **0%**

**Sodium** 0mg                                      **0%**

**Total Carbohydrate** 1g                        **0%**

Dietary Fiber 1g                                  **4%**

Total Sugars 1g

Includes 0g Added Sugars                    **0%**

**Protein** 10g                                      **9%**

Vitamin D 0mcg                                  0%

Calcium 19mg                                    2%

Iron 4mg    20%

Potassium 333mg                                8%

Thiamin 0.3mg                                  25%

Riboflavin 0.1mg                                8%

Vitamin B<sub>6</sub> 0.2mg                                10%

Folate 45mcg DFE                               10%

Phosphorus 459mg                              35%

Magnesium 197mg                               45%

Manganese 2.3mg                               100%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Hemp Hearts Shelled Hemp Seeds, 16oz; 10g Plant Based Protein and 12g Omega 3 & 6 per Serving | HEMP SEEDS ARE A PROTEIN-PACKED SUPERFOOD: With 10g of plant protein per serving, Hemp Hearts have two times more protein than chia, flax, or

## 48 Best place to buy hemp seeds 2022 - Main Street Mobile

Nutrition Facts	
45 servings per container	
Serving size	1 Tbsp (10g)
Amount per serving	
<b>Calories</b>	<b>57</b>
% Daily Value*	
<b>Total Fat</b> 5g	<b>7%</b>
Saturated Fat 0.3g	<b>2%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> <1g	<b>0%</b>
Dietary Fiber <1g	<b>2%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0.2mcg	<b>2%</b>
Calcium 30mg	<b>3%</b>
Iron 1mg	<b>7%</b>
Potassium 110mg	<b>3%</b>
Magnesium 67mg	<b>17%</b>
* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

**INGREDIENTS:** Organic Hemp Seeds  
(Cannabis sativa)

**ALLERGY INFO:** Packaged in a facility  
that handles tree nuts.

**STORAGE INFO:** Refrigeration  
recommended after opening.

Hulled Hemp Seeds have a delicious, slightly nutty taste, similar to a sunflower Contains 10grams Protein, 12grams Omegas per 30-gram serving More protein and omegas and less carbs than the same serving of Chia or

## Substitute For Hemp Seeds - BlogChef

Nutrition Facts			
Serving Size: 10g (about 1 tbsp)			
Servings Per Container: 25			
Calories	60	Calories from Fat	45
			% Daily Value*
Total Fat	5g		8%
Saturated Fat	0g		0%
Trans Fat	0g		
Polyunsaturated Fat	4g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	<1g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	3g		6%
Magnesium	18%	Iron	4%
Not a significant source of Vitamin A, Vitamin C, or Calcium.			
* Percent of Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
		Calories:	2,000      2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Hemp seeds are very They are rich in Omega-3 and Omega-6 fatty They are also a very good source of protein amongst other The seeds however do not cause hallucinations from They are used to help reduce the risk of heart diseases, high blood pressure, and blood

## 5 Best Hemp Seeds Reviewed & Rated (Updated 2022) | Wake&Cake

### Nutrition Facts

15 servings per container

Serving size (30g)

Amount Per Serving

**Calories 120**

% Daily Value\*

**Total Fat 3g 4%**

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 0mg 0%**

**Total Carbohydrate 7g 3%**

Dietary Fiber 5g 18%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein 15g 30%**

Vitamin D 0mcg 0%

Calcium 65mg 4%

Iron 8.64mg 50%

Potassium 0mg 0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Organic Raw contains more omega and proteins but fewer carbs, which is one of the most remarkable features of these. It goes by especially on Cost and Value. Hemp seeds you can add on salads, granola, smoothie or several other recipes, and safe to eat even from those allergic to nuts or

# The Ultimate List of Keto Walmart Finds - People's Choice Beef Jerky

<b>Nutrition Facts</b> <b>Valeur nutritive</b>	
Per 50 g serving (5 tbsp)	
Par portion de 50 g (5 c. à soupe)	
Amount Teneur	% Daily Value* % valeur quotidienne*
<b>Calories / Calories</b> 280 (1160 KJ)	
Calories from Fat/Calories des lipides 280 (1160 KJ)	
<b>Total Fat/Lipides</b> 18 g	<b>28%</b>
Saturated/ saturés 1.5 g	<b>8%</b>
+Trans/ trans 0 g	
Polyunsaturated/ polyinsaturés 14 g	
Omega-6/ oméga-6 10 g	
Omega-3/ oméga-3 3.5 g	
Monounsaturated/ monoinsaturés 2 g	
<b>Cholesterol/ Cholestérol</b> 0 mg	<b>0%</b>
<b>Sodium/ Sodium</b> 140 mg	<b>6%</b>
<b>Potassium/ Potassium</b> 380 mg	<b>11%</b>
<b>Carbohydrate/ Glucides</b> 16 g	<b>5%</b>
Dietary Fibre/ Fibres alimentaires 15 g	<b>60%</b>
Soluble Fibre/ Fibres solubles 1 g	
Insoluble Fibre/ Fibres insolubles 14 g	
Sugar/ Sucres 1 g	
<b>Protein/ Protéines</b> 13 g	
Vitamin A/ Vitamine A	0 %
Vitamin C/ Vitamine C	0 %
Calcium/ Calcium	6 %
Iron/ Fer	45 %
Vitamin E/ Vitamine E	10 %
Thiamine/ Thiamine	25 %
Riboflavin/ Riboflavine	10 %
Niacin/ Niacine	20 %
Vitamin B6/ Vitamine B6	20 %
Folate/ Folate	35 %
Phosphorus/ Phosphore	45 %
Magnesium/ Magnésium	90 %
Zinc/ Zinc	35 %
Copper/ Cuivre	45 %
Manganese/ Manganèse	300 %
* Daily Values are based on a 2,000 Calorie diet.	
* La valeur quotidienne est basée sur un régime de 2,000 CALORIES	

1 oz (400 grams) 10g of Hydrolyzed Collagen 5g MCT Oil Powder 0g Added Sugar 2:1 Ratio of Protein to Fat No Soy Ingredients Gluten-free Dairy-Free Lactose-Free Brain Octane Premium C8 MCT Oil Brain Octane Premium C8 MCT Oil 32 fl oz

## date Carmel bars with chocolate: Directions, calories, nutrition &

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 3 tbsp (30 g) pour 3 c. à soupe (30 g)	
<b>Calories 180</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Fat / Lipides 15 g</b>	<b>20 %</b>
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés 12 g	
Omega-6 / oméga-6 9 g	
Omega-3 / oméga-3 2.5 g	
Monounsaturated / monoinsaturés 2 g	
<b>Carbohydrate / Glucides 1 g</b>	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
<b>Protein / Protéines 10 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 0 mg</b>	<b>0 %</b>
Potassium 350 mg	7 %
Calcium 20 mg	2 %
Iron / Fer 4 mg	22 %
Thiamine 0.3 mg	25 %
Riboflavin / Riboflavine 0.05 mg	4 %
Vitamin B6 / Vitamine B6 0.175 mg	10 %
Folate 45 mcg DFE	11 %
Phosphorus / Phosphore 450 mg	36 %
Magnesium / Magnésium 200 mg	48 %
Zinc 3 mg	27 %
Manganese / Manganèse 2.3 mg	100 %
*5% or less is <b>a little</b> , 15% or more is <b>a lot</b>	
*5 % ou moins c'est <b>peu</b> , 15 % ou plus c'est <b>beaucoup</b>	

Badia Hemp Seeds, Hulled 75 cup (s) Great Value Dates, Chopped Directions 1 2 Nutrition Serving Size: 1 bar Amount per Serving My Daily Value Calories 215 Kcal 13% Total Fat 15 g 22% Saturated Fat 9 g 41% Trans Fat 0 g 0% Cholesterol 0 mg 0% Sodium 65 mg 0% Potassium 29 mg 4% Total Carbohydrate 73 g 8% Dietary Fiber 6 g 11%

## How to Eat Chia Seeds: Whole, Ground, Soaked or Raw?



Chia seed nutrition includes protein, fiber, omega-3 fatty acids and important minerals like manganese, calcium and When it comes to how much chia seeds to eat a day, about two tablespoons is a good place to

## Flax Seeds: How to Maximize the Health Benefits - Gene Food

<b>Nutrition Facts</b>		
<b>Valeur nutritive</b>		
Per 42g serving (1 pouch)		
Par portion de 42g		
Amount	% Daily Value*	
Quantité	% valeur quotidienne*	
<b>Calories/Calories</b>	242 (1013 kJ)	
<b>Fat Cal/Cal des lip</b>	166	
<b>Total Fat/Lipides</b>	18.5g	29%
Saturated/Saturés	1.7g	8%
Trans	0.0g	
Polyunsaturated/Polyinsaturés	14.8g	
Omega-6/ oméga-6	11.0g	
Omega-3/ oméga-3	3.8g	
Monounsaturated/Monoinsaturés	2.0g	
<b>Cholesterol/Cholestérol</b>	0.0g	
<b>Sodium</b>	4.2mg	0%
<b>Potassium</b>	475mg	14%
<b>Carbohydrate/Glucides</b>	5.0g	2%
Fiber/Fibres	2.9g	
Sugar/Sucres	1.3g	
<b>Protein/Protéines</b>	13.9g	
<b>Vitamin E/Vitamine E</b>		116%
<b>Calcium</b>		3%
<b>Phosphorus/ Phosphore</b>		61%
<b>Magnesium/ Magnésium</b>		113%
<b>Iron/Fer</b>		32%
<b>Zinc</b>		50%
<b>Copper/Cuivre</b>		11%
<b>Manganese/Manganèse</b>		210%
* Based on 2,000 Calorie Diet		
* En fonction d'un régime alimentaire de 2 000 Calories		

Flaxseeds offer a variety of vitamins and They are rich in: phosphorous, magnesium, calcium, and potassium They also contain Vitamin This antioxidant acts to preserve the healthy fatty acids and protect them from Flaxseed as an Egg Alternative Flaxseeds have a wonderfully nutty

# protein banana bread: Directions, calories, nutrition & more - Fooducate

Badia Hemp Seeds, Hulled 2 oz (s) Almonds75 cup Lundberg Quinoa, Antique White93939 × 1 large Egg White20339 banana Banana, medium Directions 1 Bake at 375 for 50-55 monutes 2 Blend all ingredients Nutrition Serving Size: 1 Amount per Serving My Daily Value Calories 95 Kcal 6% Total Fat45 g 5% Saturated Fat25 g 1% Trans Fat 0 g 0%

## Holy Basil: Benefits, Side Effects, Dosage, and Interactions

Nutrition Facts	
Serving Size 45 drops (1ml)	
Servings Per Container 30	
Amount Per Serving	
Calories 10	Calories from Fat 9
% Daily Value*	
<b>Total Fat</b> 1gg	2%
Saturated Fat 1gg	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 0g	0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

A safe long-term dosage of holy basil has not been well Various dosages have been used in short-term 500 milligrams (mg) of left extract twice a day reduced anxiety and 300 mg per day of leaf extract for 30 days eased central nervous system

# Ground Poppy Seeds For Baking

Nutrition Facts	
Serving Size 15g	
Servings Per Container 15	
Amount	% Daily Value*
<b>Calories</b> 80	Calories from Fat 60
<b>Fat</b> 7 g	11%
Saturated 1 g	5%
+ Trans 0 g	
Omega-6 4 g	
Omega-3 1.3 g	
Monounsaturated 1 g	
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 1 mg	1%
<b>Carbohydrates</b> 2 g	1%
Fiber 1 g	4%
Sugars 0 g	
<b>Protein</b> 5 g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300g 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Ingredients: Certified Organic Hemp Hearts

ESSENTIAL VITAMINS & MINERALS: Hemp is a super seed packed with plant-based protein, healthy fats and other vital Hemp Hearts are an excellent source of Iron, Niacin, Thiamine, Phosphorus, Magnesium, Manganese, Copper, and Zinc contributes to the normal function of the immune

# Badia Flax & Triology Combo Lot FREE SHIP | eBay

Nutrition Facts	
15 servings per container	
<b>Serving size</b>	<b>3 Tbsp (30g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
% Daily Value*	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 8g	<b>30%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	<b>12%</b>
Vitamin D 0mcg	0%
Calcium 122mg	10%
Iron 2.5mg	15%
Potassium 206mg	4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	• Carbohydrate 4 • Protein 4

INGREDIENTS: ORGANIC CHIA SEEDS, ORGANIC FLAXSEED MEAL, ORGANIC HULLED HEMP SEEDS.

21 oz Badia TRILOGY/Seeds/Flax/Chia/Hemp/Health/Fiber/Linaza/Plant based protein \$99 Free

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## 10 Best Flax Seeds : Top Picks For 2022 - Resource Center Chicago

Nutrition Facts	
15 servings per container	
<b>Serving size</b>	<b>3 Tbsp (30g)</b>
Amount per serving	
<b>Calories</b>	<b>150</b>
% Daily Value*	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 8g	<b>30%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
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Potassium 206mg	4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS:** ORGANIC CHIA SEEDS, ORGANIC FLAXSEED MEAL, ORGANIC HULLED HEMP SEEDS.

Lastly, hemp seeds give you essential fatty acids (EFAs) your body needs but doesn't FIBER-FUL OMEGAS: With 3 grams per serving LIVfit Superfood Organic Super Seeds are a good source of fiber, which helps keep you They also provide 5700mg of Omega 3 in every deliciously nutty Go forth and get some seeds in your

# Legendary singer Meat Loaf dies at 74 - MSN

Nutrition Facts	
45 servings per container	
Serving size	1 Tbsp (10g)
Amount per serving	
<b>Calories</b>	<b>57</b>
% Daily Values*	
Total Fat 5g	7%
Saturated Fat 0.3g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate <1g	0%
Dietary Fiber <1g	2%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0.2mcg	3%
Calcium 30mg	3%
Iron 5mg	7%
Potassium 110mg	3%
Magnesium 67mg	17%
*The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 6,000 calories a day is used for general nutrition advice.	

**INGREDIENTS:** Organic Hemp Seeds (Cannabis sativa)  
**ALLERGY INFO:** Packaged in a facility that handles tree nuts.  
**STORAGE INFO:** Refrigeration recommended after opening.

American singer and actor Meat Loaf has He was His death was announced in a statement posted on his official Facebook page late "Our hearts are broken to announce that

## Buy best trilog seed flax chia hemp health kosher 1 5

Nutrition Facts	
Serving Size: 1 tbsp (14g)	
Servings Per Container 109	
Amount Per Serving	% Daily Value*
Calories 130	Calories from Fat 130
<b>Total Fat</b> 14g	<b>22%</b>
Saturated Fat 12g	<b>58%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrates</b> 0g	<b>0%</b>
Dietary Fiber 0g	
Sugars 0g	
<b>Protein</b> 0g	<b>0%</b>
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

What are the best trilog seed flax chia hemp health kosher 1 5 products in 2022 US? We analyzed 1,481 beef sirloin steaks reviews to do the top 14 picks research for 3 Pack - Badia Flax Seed whole Linaza5 oz Kosher GF USDA Organic Canadian Hemp Seeds, 1 Pound - Raw Hearts, Hulled, Non-GMO, Brand: Food to

## Vetrina Bio Bank 2021 - English - Trends and products - Issuu

<b>Nutrition Facts</b> <b>Valeur nutritive</b>	
Per 3 tbsp (30 g) / pour 3 c. à soupe (30 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 170</b>	
<b>Fat / Lipides 13 g</b>	<b>20 %</b>
Saturated / saturés 1.5 g + Trans / trans 0 g	<b>8 %</b>
Polyunsaturated / polyinsaturés 10 g	
Omega-6 / oméga-6 8 g	
Omega-3 / oméga-3 2.5 g	
Monounsaturated / monoinsaturés 1.5 g	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 3 mg</b>	<b>1 %</b>
<b>Carbohydrate / Glucides 3 g</b>	<b>1 %</b>
Fibre / Fibres 3 g	<b>12 %</b>
Sugars / Sucres 1 g	
<b>Protein / Protéines 10 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	30 %
Thiamine / Thiamine	30 %
Riboflavin / Riboflavine	6 %
Vitamin B <sub>6</sub> / Vitamine B <sub>6</sub>	10 %
Folate / Folate	15 %
Phosphorus / Phosphore	40 %
Magnesium / Magnésium	70 %
Zinc / Zinc	30 %
Manganese / Manganèse	110 %

ABAFOODS srl Via Ca' Mignola Nuova, 1775 45021 Badia Polesine RO +39 0425/1560900  
 Bioagricert - P T D I Products cereal-based drinks (rice, oats, spelt, millet),

# Cellucor C4 Ripped, Explosive Pre-Workout, Cherry Limeade, 3 oz (

<b>Valeur nutritive</b>	
<b>Nutrition Facts</b>	
pour 1 cuillère à table (15 g)	
Per 1 tablespoon (15 g)	
<b>Calories 80</b>	% valeur quotidienne*
	% Daily Value*
<b>Lipides / Fat</b> 4.5 g	6 %
saturés / Saturated 0.5 g	3 %
+ trans / Trans 0 g	
polyinsaturés / Polyunsaturated 3.5 g	
oméga-6 / Omega-6 2.5 g	
oméga-3 / Omega-3 0.8 g	
monoinsaturés / Monounsaturated 0.5 g	
<b>Glucides / Carbohydrate</b> 4 g	
Fibres / Fibre 4 g	14 %
Sucres / Sugars 0 g	0 %
<b>Protéines / Protein</b> 4 g	
<b>Cholestérol / Cholesterol</b> 0 mg	
<b>Sodium</b> 0 mg	0 %
Potassium 100 mg	2 %
Calcium 20 mg	2 %
<b>Fer / Iron</b> 2 mg	11 %
*5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	
*5% or less is <b>a little</b> , 15% or more is <b>a lot</b>	

Badia Hulled Hemp Seeds, 3 Lb \$9 (37) Natures Path Truth Collagen Powder Unflavored (11 Oz), , 11 Ounce (Pack of 36) \$ \$6 (359) Goli Nutrition Apple Cider Vinegar Vegan Gummies - 60ct \$ \$4 (993) Claim Your Choose any store near you and view its recently detected markdowns in



# Customs

Nutrition Facts		Amount/serving	% Daily Value	Amount/serving	% Daily Value
		Total Fat 28g	36%	Total Carb. 5g	2%
8 servings		Sat. Fat 2.5g	13%	Fiber 2g	7%
Serving size		Trans Fat 0g		Total Sugars <1g	
2 oz (57g)		Cholest. 0mg	0%	Incl. 0g Added Sugars	
Calories		Sodium 0mg	0%	Protein 18g	0%
per serving		Vitamin D 0mcg 0% • Calcium 40mg 4% • Iron 4.5mg 25% • Potassium 680mg 15%			
310					

INGREDIENTS: HEMP SEEDS

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES: MILK, EGG, WHEAT, PEANUTS, SOY, ALMOND, CASHEW, WALNUT, PECAN, COCONUT

1 12 11/2/ 2 1 3 1 4 1 5 1 6 1 7 2 8 5 9 1 10 2 11 1 12 1 13 1 14 1 15 1 16 3 17 1 18 1 19 1 20  
6099732069199 1 21 1

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