



# Why Eat **NS** Hemp?

*Hemp is the most nutritious and easily digestible food on the planet, the only complete source of protein, essential amino acids and essential fatty acids. Hemp is delicious in flavour and can be added to existing recipes to improve the nutritional value of everything you eat.*

A Naturally Splendid Source  
& Perfect Ratio of  
**Omega 3 & 6**  
to Nourish the Brain



## The 3:1 Perfect Ratio

NATURALLY SPLENDID™ HEMP OIL is the only edible oil on earth that is perfectly balanced with the 3:1 ratio of *Omega 6* to *Omega 3* EFA's as recommended by the *World Health Organization* to maintain optimum health.

Studies have shown that it is important to consume *Omega 6* & *Omega 3* in the proper balanced ratio. Unbalanced consumption of *Omega 6* & *Omega 3* may contribute to health conditions such as heart disease, cancer, asthma, arthritis & depression.

**Oils Containing both  
Omega 6 & Omega 3 (ratio)**

Hemp 3:1	Flax 1:4
Canola 2:1	Soybean 7:1

\* Typical North American diet tends to contain 11 to 30 times more Omega 6 than 3

## Essential Fatty Acids (EFAs)

- HEMP contains over 80% Essential Fatty Acids (EFAs)
- The most compared to all other oils on earth.

**EFAs = GOOD FATS**

Which can't be produced by the body.

Good Fats must be consumed through diet for *proper growth and body functioning*.

## Omega 6 & Omega 3

HEMP is rich in Omega 6 & Omega 3 - Essential Fatty Acids (EFAs).

*Omega 6* & *Omega 3* (Essential Fatty Acids) are essential to the proper development and functioning of the human body:

The Brain	Energy Production
Reproductive Systems	Cardiovascular System
Metabolism	Digestive System
Healthy Skin	Immune System
Hair	Muscular System

## Facts about Naturally Splendid™ Hemp

- HEMP is the only food which supplies **ALL** of one's dietary needs in **ONE COMPLETE SOURCE**.
- **MOST DIGESTIBLE PROTEIN** of any plant on earth!
- **33% EASILY DIGESTIBLE PROTEIN**
- Perfect for **VEGANS** and **VEGETARIANS**
- **CURBS CRAVINGS** : Natural way to control cravings
- **TASTES BETTER** than flax
- **MORE DIGESTIBLE PROTEIN** than soy
- No known **ALLERGIES** to HEMP
- HEMP contains all **20 known Essential Amino Acids**
- HEMP contains over **80% Essential Fatty Acids**
- The **PERFECT** source of **PROTEIN** for **ATHLETES**
- HEMP is the only food that can **sustain human life** with out any other source of nutrition.
- No **pesticides** or **herbicides** are required to grow HEMP
- HEMP is suitable for those unable to eat gluten, sugar, milk, nuts & meat.
- **NATURALLY SPLENDID™ HEMP** is grown in Canada.

## Naturally Splendid™ Hemp Improves Health

Hemp is one of the most nutritious foods available to support optimal health and well being for life. Hemp provides a broad spectrum of health benefits that :

<b>Lowers :</b>	Blood LDL Cholesterol Levels Blood Pressure
<b>Improves :</b>	Cardiovascular Circulation & Function Organ Function Immunity Levels Recovery of Muscles after exercise
<b>Reduces :</b>	Symptoms of : PMS & Menstrual Cramps Inflammation Arthritis Fatigue
<b>Prevents :</b>	Degenerative Diseases Dry Skin & Hair Conditions Obesity

