



Product Variations & Prices:

Variation		Price			
Green Skin: <div></div>	5%	<del>\$8.00</del> <div></div>	\$8.00 <div></div>	<b>\$7.20</b> <div></div>	\$7.20 <div></div>
Green Skin: <div></div>	5 <div></div> 10%	<del>\$7.90</del> <div></div>	\$7.90 <div></div>	<b>\$7.00</b> <div></div>	\$7.00 <div></div>
Green Skin: <div></div>	10 <div></div>	<del>\$7.60</del> <div></div>	\$7.60 <div></div>	<b>\$6.80</b> <div></div>	\$6.80 <div></div>
15%					
Green Skin: <div></div>	15 <div></div>	<del>\$7.30</del> <div></div>	\$7.30 <div></div>	<b>\$6.50</b> <div></div>	\$6.50 <div></div>
20%					



Item	5% Moisture	5% 10% Moisture
Moisture	33% ± 2%	33% ± 2%
Moisture	35% ± 2%	35% ± 2%
Moisture	12%	12%
Moisture	- 5kg 20kg 25kg Moisture - Moisture	Moisture
Moisture	EU Moisture USDA Moisture BRC	Moisture

Item

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### Q: What is the "green skin" on hemp seed hearts?

A: The "green skin" is the thin, outer layer of the hemp seed that sometimes remains after the hulling process. It contains fiber and contributes to a more pronounced, slightly bitter, and "earthy" flavor.

### Q: Are Organic Hemp Seed Hearts a complete protein?

A: Yes, **Organic Hemp Seed Hearts** are a complete protein source, containing all nine essential amino acids that the human body cannot produce on its own.

**Q: How should I store Organic Hemp Seed Hearts?**

A: To maintain freshness, store your **Organic Hemp Seed Hearts** in an airtight container in a cool, dry place. Refrigeration after opening can help extend their shelf life.

**Q: What are the nutritional differences between the different green skin percentages?**

A: The primary difference lies in the fiber content and flavor. Higher green skin percentages mean more fiber and a more pronounced, slightly bitter, natural hemp flavor. The core protein and essential fatty acid content remain largely consistent across the grades.

**Q: Can people with nut allergies consume Organic Hemp Seed Hearts?**

A: Yes, hemp seeds are technically seeds, not nuts. They are generally safe for people with nut allergies. However, if you have severe allergies, it's always best to consult with your allergist before trying new foods.



Want to learn more about this product or have any questions?

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