



## Our research at the Rowett Institute on Scottish-grown hemp seeds and oil

### HEMP SEEDS

- contain between 23-31% fat
- 80% of the total seed fat is omega fatty acids (omega-6 and omega-3)
- 21-29% protein
- 14% dietary fibre (non-starch polysaccharides)

### HEMP OIL

- hemp oil contains between 90-96% fat
- 71-77% of the oil is omega-6 and omega-3 fatty acids in ratio approx. 3:1 - ideal for human health
- 10 g oil could deliver 2 g of omega-3 (daily recommendation for maintaining normal blood cholesterol)



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# First cold pressed oil from Scottish-grown hemp seeds

HEMP SEEDS



Farmers growing  
hemp for food



HEMP OIL



HEMP CROP

