

Hemp Seed Profile

Also known as

Cannabis sativa, Bangué, Bhang, Canamo, Canamo Indio, Cannabis, Chanvre, Ganeb, Ganja, Han Ma, Hanf, Hemp fruit, Hemp Protein, Hennep, Hint Keneviri, Hops, Huang Ma, Huo Ma, Indian Hemp, Kenevir, Kif, Ma Fen, Ma Jen Chiu, Mariguana, Marijuana, Qunnab, Ta Ma, Tchene, Tekrouri.

Introduction

Hemp has a bad reputation as being an illegal narcotic, which deters many people from the hemp plant, Cannabis sativa. However, the plant's Latin name means "useful hemp", and the seeds are one of the most nutritious substances on earth. Hemp seed contains all the essential amino acids and essential fatty acids that our bodies need, which makes it a perfect protein supplement. No other single source provides such a complete protein in a form that is so easily digested and absorbed by the body.

Typical Constituents (Per 100 g)

Calories- 578-630 cal
Protein- 31-33%
Carbohydrates- 7-10%
Fat- 46-50%
Ash- 5-8%
Moisture- 5-7%
Cholesterol- 0%
Beta Carotene- 11.4 IU/100g
pH value- 6.85
THC Content- none detected - limit of detection 4 ppm
Free Fatty Acids- 0.5-2.0% (as Oleic acid)
Peroxide Value- 0.4-2.0 meq/kg
Gluten- negative (<3ppm) - limit of detection 3ppm

Typical Fatty Acid Profile (Per 100 g)

Myristic Acid	0.06
Palmitic Acid	3.01
Steric Acid	1.05
Oleic Acid (Omega 9)	5.25
Linoleic Acid (Omega 6)	27.67
CLA	0.41
Arachidic Acid	0.35
Gamma Linolenic Acid	1.92
Linolenic Acid (Omega 3)	8.56
Stearidonic Acid	0.41

Behenic Acid 0.12

Amino Acid Profile per 100g

Serine	1.54
Glutamic	5.61
Proline	1.13
Glycine	1.35
Alanine	1.10
Cysteine	0.57
Valine	1.47
Methionine	0.75
Isoleucine	1.15
Leucine	2.04
Tyrosine	0.94
Phenylalanine	1.39
Histidine	0.82
Lysine	1.13
Arginine	3.58
Tryptophan	0.25

The Hemp seed offered by Mountain Rose Herbs does not contain any traceable levels of tetrahydrocannabinol (THC), the psychoactive substance found in marijuana.

Parts Used

Seed and Leaf.

Typical Preparations

The seeds have a nutty flavor similar to sunflower seeds, and may be eaten raw or added to salads, baked goods, granola, sauces, dips, and can be processed into milk, cheese, ice cream, margarine, or ground into flour. Hemp seed is comfortably consumed by taking 1 tablespoon (15 grams) of shelled Hemp seed twice a day.

Summary

Hemp seeds contain all the essential amino acids and essential fatty acids necessary to maintain healthy human life. No other single plant source has the essential amino acids in such an easily digestible form, nor has the essential fatty acids in as perfect a ratio to meet human nutritional needs. Medicinally, Hemp seed is anodyne, anthelmintic, demulcent, diuretic, emollient, emmenagogue, febrifuge, laxative, and tonic. It is used to treat constipation, nervous diseases, and is shown to be effective at lowering the risk of heart attack, heart disease, cholesterol, and it also has anti-inflammatory effects making it beneficial for arthritis and autoimmune disorders. Nutritionally, Hemp Seed contains by weight: 30.6% Protein, 5.8% Omega-9, 27.56% Linoleic 18:2 (Omega-6), 8.68% Linolenic 18:3 (Omega-3), 6.0% dietary fiber. In milligrams per 100g weight, Hemp Seed contains: Calcium: 139 mg, Phosphorus: 1123

mg, Iron: 13.9 mg, Vitamin A: 518 mg, Thiamine (Vitamin B1): 0.37 mg, Riboflavin (Vitamin B2): 0.2 mg, and Niacin: 2.43 mg. Plus, it also contains Vitamin B6, Vitamin C, Vitamin D, Vitamin E, and Sodium. Sixty-five percent of the protein content in hempseed is in the form of globulin edestin, so that it can actually be used by the body in its raw state (unlike that in soybeans, which have to be cooked or sprouted). Hemp's ratio of Omega 6 to Omega 3 fatty acids is about 4:1 which mirrors the primitive diet the human race evolved on for 2.5 million years.

Precautions

May cause loosening of the stool. Should not be used if taking anticoagulant drugs as bleeding can occur due to the presence of omega oils which are a natural blood thinner.