

6 POWERFUL NUTRIENTS OF HEMP OIL

Superfood or Superfad? We break down Hemp's nutrients and what makes this plant product so special.



What does the Science really say about Hemp?

Similar to other nutritious seeds like chia and flax, hemp packs a serious array of wellness powering compounds, all backed by science.



Antioxidants

Free radicals are the nasties that can cause inflammation and disease in the body. These accumulate over time from smoke, pollution, aging and certain foods, causing cell damage and reduced body function.

Antioxidants are substances abundant in foods like berries, dark green vegetables and seeds which protect the body from free radicals and reverse their damage. Hemp is abundant in these like Chlorophyll and Carotenes, making it powerful for longevity.



Brain Boosters

Omega fatty acids 3 and 6 are neuroprotective and used by the body to build and repair cell membranes in the brain.

Similarly Gamma-Linoleic Acid (GLA) is a particular type of Omega 6 that is especially important in supporting cognitive function.

The great news is hemp is jam-packed with both of these vital nutrients making it ideal to include as a daily addition to your food or smoothies.



Heart Helpers

Not only do the Omega fatty acids give your brain a boost - they also help your heart by lowering harmful LDL and increasing the protective HDL. This is great for your circulation and artery health, allowing your cardio system to perform at its best!

There are a few ways to get Omega fatty acids in your diet - through fish intake, algae and certain seeds like chia, flax and hemp.

However with the large increase in ocean pollutants in the last few decades including from heavy metal contaminants like mercury, as well as microplastics, using hemp is a much safer option!



Energy Enhancers

The body needs electrolytes in the form of minerals like Zinc and Magnesium to power the muscle cells, metabolic processes, nervous system and reduce fatigue.

Ensuring you intake these critical minerals as part of your diet (or through supplementing through wellness-enhancing supplements like hemp oil) ensure your body can power through the day and perform at its peak.



Gut Goodness

Not only are chlorophyll and carotene antioxidants that reduce inflammation and improve your cell recovery, they're also great for your gut flora.

Foods rich in chlorophyll like hemp, spinach, broccoli and green tea are excellent in their pre-biotic properties by feeding the gut while simultaneously protecting from free radicals. Combined with fibre your stomach will be cleansed and healthy.



Skin Supporters

Vitamin E is well known to reduce UV damage from the Sun, promote cell turnover and regeneration as well as deliver antioxidant benefits to the skin and hair.

It also support immune system function, helping support the production of enzymes and proteins that the body uses to fight infection and inflammation.

Hemp is rich in Vitamin E and B.



Try hemp today as part of your nutrition.

It's the ideal supplement to combine with smoothies, coffee or food to reap the rich, nourishing and antioxidant laden goodness.