

HEMP SEED OIL



250ml
500ml
1 Lit

Hemp seed oil is a natural source of omega-3 & 6 essential fatty acids (EFA's)

EFA's play an important role in the metabolism, cell growth, and general brain functions and may also help alleviate the symptoms of degenerative conditions inflammation, and high blood pressure. It can also help support the functions of cardiovascular, immune, reproductive, and nervous systems.

The human body does not produce EFA's and therefore it needs to be included in the diet.

SUGGESTED BENEFITS OF HEMP SEED OIL:

Anti-inflammatory properties, helps lower blood pressure, improves cardiovascular health, helps reduce hyperactivity and learning difficulties (ADHD), improves general brain functions, boosts immunity, promotes healthy skin

DIRECTIONS OF USE:

Keep refrigerated. Use within 6 months once opened. Do not use as cooking oil.

HEMP SEED POWDER

NEW
Hemp
Capsules
Gluten
Free



300g
600g

Gluten free Hemp Seed Protein Powder is the fine milled or powdered hemp seed once the oil content has been removed. Hemp is the answer for anyone looking for raw, vegan muscle builder and energy booster. It contains all essential amino acids and fatty acids. Hemp Seed protein powder is considered to be a complete food boasting 65% absorbable high-quality protein and all 10 essential Amino Acids.

BENEFITS OF A HEMP SEED PROTEIN SUPPLEMENT:

Easily digestible complete protein, for building and repairing tissue, immune system support, digestive & colon health

DIRECTION OF USE:

Hemp seed protein has a nutty flavour and can be sprinkled over salads, mixed into a paté with grape seed oil, garlic and salt or simply added to soups and smoothies .

Take 1-3 tablespoons daily

New

Hemp Capsules for easy usage
with vegi casing

Note: Hemp Seed Protein Powder does not contain THC

Seed Oil SA

MANUFACTURERS OF HEALTH PRODUCTS



For a
Daily
Healthy
Affordable
Solution

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Certified Organic



European & USA
Standard

GRAPE SEED COOKING OIL

Extra Virgin Cold Pressed And Deodorized



250ml
500ml
1 lit

Grape Seed Oil permits high heat cooking approximately (242°C) and is thus ideal for everyday household cooking, braising, grilling, stir-fry, sautéing, deep frying, Chinese braai and baking.

FLAVOURS:

Rosemary, Garlic, Chilli, Lemon and Black Truffle in 250ml glass bottles.

Natural is available in 250ml, 500ml and 1lt.

Grape Seed Cooking and Salad oil is a phenomenal, everyday, healthy cooking oil.

HEALTH BENEFITS:

Grape Seed Oil's best attributes are its health-promoting properties. These Oils offer a high level of Vitamin E, a strong anti-oxidant, has one of the lowest levels of saturated fat, and offers one of the highest levels of linoleic acid, an essential fatty acid that the body needs but does not produce.

GRAPE SEED POWDER



Gluten free Grape Seed Powder contains polyphenols, a compound that's high in antioxidants. It's wheat and gluten free and vegan-friendly.

And is free of sugars, soy, dairy and preservatives. Grape Seed powder is stable at high temperatures and can be used in wheat & gluten-free baking recipes. Grape Seed Powder has almost no taste, is brown in colour and is an excellent supplement for anyone wanting to increase their intake of anti-oxidants or fibre.

OMEGA 3 FLAX SEED OIL



250ml
500ml
1 lit

100% Cold Pressed Flax Seed Oil is the richest natural source of Omega 3 and offers one of the highest levels of linoleic acid, an essential fatty acid that the body needs but does not produce. A deficiency in Omega 3 can lead to a decline in brain function and manifest as depression or poor concentration and is therefore prescribed by therapists for children suffering with Attention Deficit disorder. Other deficiency indicators can be brittle hair and nails, joint pain, dry skin and other skin disorders like acne.

Flax Seed oil is the plant form of the female hormone and helps to alleviate hormonal "hot flashes".

DIRECTIONS FOR USE:

Flax Seed Oil is ideal as a salad dressing or added to any cereal, porridge, or muesli.

Flax Seed oil has a nutty flavour and is enjoyed by children if it is mixed in juice. Please note that Flax Seed Oil is heat sensitive and therefore not a Cooking Oil and should be refrigerated after opening.

SUGGESTED SERVING SIZE:

Adults 1-2 tbs. (12.5 - 25ml) per day
Children under 12 1 tsp (5ml) per day.

Keep refrigerated, use within 6 months once opened.

OMEGA 3 FLAX POWDER



300g
600g

Gluten free Flax Seed Powder contains lignans that prevents Omega 3 and 6 from converting to unhealthy fats.

Unhealthy fats cause heart disease, immune problems, and damages the brain. Flax powder is high in fiber that reduces cholesterol and promotes normal blood sugar levels. It also promotes healthy digestion and body weight and alleviates constipation. Flax Powder contains 38% protein and is used in various cooking and baking as well as protein shakes.

DIRECTIONS FOR USE:

Add 1 table spoon to your favorite Recipes such as muffins, bread and rusks or add to yogurt and cereal. Use Flax Powder as a gluten free thickener in stew sauces and soups. Wonderful in smoothies, meal replacement shakes and blended drinks.

SUGGESTED SERVING SIZE:

Adults 1-2 tbs. (12.5 - 25ml) per day
Children under 12 1 tsp (5ml) per day.

USES:

Assists in the treatment of: Cholesterol, Joint pain, weight loss, immune deficiency, depression, poor concentration, brittle hair and nails, dry skin, digestive tract and spastic colon.