



  
SUPPORTS HEALTHY HEART

  
SUPPORTS HEALTHY JOINTS

  
SUPPORTS HEALTHY SKIN

  
GENERAL WELL BEING

KEEP DOING THE THINGS YOU LOVE WITH

# HEMP SEED OIL

SOFT GEL CAPSULES

Easy to take, supporting:

- ✓ Healthy joints
- ✓ Brain health
- ✓ Skin, hair & nails
- ✓ Muscle recovery
- ✓ Healthy heart

Dietary Supplement



SOURCE OF OMEGA 3+6 9 FATTY ACIDS



  
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## Hemp Farm® Hemp Seed Oil Capsules

A healthy diet should contain a balance of Omega 3 to Omega 6 fatty acids. An ideal ratio is 1:2 - 1:4. In modern diets, with highly processed foods, the ratio is often imbalanced at about 1:16 which can promote inflammation.

### HEMP SEED OIL HAS AN OPTIMAL RATIO OF OMEGA 3 TO OMEGA 6 FATTY ACIDS OF 1:3.

The capsules are a natural source of plant-based essential fatty acids.

- Omega 3 helps support brain function, skin and heart health.
- Hemp seed oil contains the "good" type of Omega 6 - gamma linolenic acid (GLA) which helps support relief from inflammation and pain.

Each capsule contains roughly 50mg of GLA, with studies showing that 200mg of GLA daily may assist with pain relief. GLA has been shown in clinical studies to reduce itching, redness, and toughness of atopic skin (skin that has a tendency to allergic conditions).



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### HEMP SEED OIL IS ALSO NATURALLY PACKED WITH ANTIOXIDANTS, MINERALS, IRON, ZINC & VITAMIN D, TO SUPPORT GENERAL WELL-BEING.

Hemp Seed Oil capsules are great for people who:

- Don't like the fishy taste from fish oil supplements
- Get acid reflux and heart burn from fish oil
- Are allergic or have intolerances to fish/seafood
- Are looking for natural support for inflammation

#### DAILY DOSAGE:

Adults: 2-6 capsules

or as directed by your healthcare practitioner

Hemp Farm® Hemp Seed Oil capsules are available in tub sizes of 100, 240 and 500 capsules.

100% New Zealand grown hemp | Made in New Zealand.

Hemp NZ™ Ltd . 8 Paerangi Pl . Tauriko . Tauranga 3110  
Phone 07 560 1020 . Email info@hempnz.co.nz

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