

hemponics

EAT • DRINK • THRIVE • REPEAT

TINY SEEDS. HUGE PLANT-BASED PROTEIN THAT PACKS A PUNCH

How can something so tiny and tasty pack such a hemp-ressive hit of protein, healthy fats and essential vitamins and minerals? It's one of life's delicious yet nutritious mysteries.

RAW HEMP HEARTS

Nutty and not naughty, our hulled hemp seeds are a sustainable superfood that's good for your body, mind and the planet. Each seed is a little miracle worker that is perfectly balanced omega 3, 6 and 9, high in soluble and insoluble fibre, and packed with essential nutrients, including iron, zinc, magnesium and vitamins A, C and E.



FUEL: Muscle growth and tissue repair

MAINTAIN: Heart and cardiovascular health

SUPPORT: Gut health and your digestive system

BOOST: Metabolic functions and your immune system

LOWER: Fat absorption and cholesterol

SATISFY: Your appetite and manage your weight

REDUCE: Inflammation and pain in the body

IMPROVE: Overall health and wellbeing.

Sprinkle them on your breakfast cereal and lunchtime salads. Blend them into smoothies, add them to soups or bake them into breads.

GLUTEN FREE • VEGAN • GMO-FREE

FAQ



LOVINGLY FORMULATED AND MANUFACTURED IN AUSTRALIA

WHAT EXACTLY IS HEMP?

Hemp is a crop belonging to the Cannabis sativa family of plants. It has multiple uses and applications, and not just as a food product. Hemp byproducts are used in textiles, paper, clothing, paint, insulation, biodegradable plastics, animal feed...

WHERE DOES YOUR HEMP COME FROM?

Right here in Australia. We source our hemp from local Australian growers who prioritise sustainable farming practices and uphold the same industry-leading quality standards as us.

HOW CAN HEMP HELP ME LOSE WEIGHT?

Because hemp seeds are high in fibre, they keep you (ahem) regular and help you feel fuller for longer. Fibre also helps lower fat absorption and cholesterol levels by forming a gel-like substance in your gut, which sounds a bit gross, but it's actually pretty cool. One little seed doing so much good.

WHAT ABOUT MY MENTAL HEALTH?

Hemp is also fantastic for your mental health and well-being. It delivers all those vital nutrients to your brain, which help reduce stress and anxiety, improve memory and support neurotransmitter function.

WHY IS HEMP GOOD FOR THE PLANET?

Hemp is carbon negative. Yes, really! It absorbs more carbon dioxide from the atmosphere as it grows than it emits during harvest, processing and transportation. Plus, it returns about 70% of the nutrients it requires to the soil as it grows. This means less fertiliser, and less fertiliser means cleaner waterways.

BEFORE USE

Check with your health professional if you are pregnant or taking any medications or have a hemp allergy.

STORAGE

Store in a cool, dry place to maintain freshness and quality.

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