



# hemp protein powder

## What is Hemp?

Hemp is an incredibly versatile plant and has been used for thousands of years for a wide range of things. Early uses of hemp saw it utilised in fabric and medicine, while today it is used as a building material for car panels and touted as a possible biofuel.<sup>1</sup>



In 16th – 18th Century Europe hemp was, along with flax, the most important fibre crop before its cultivation declined. Recently interest in hemp has been reignited due to its versatility, adaptability and environmental benefits.<sup>2</sup>

Hemp is of the same plant genus as marijuana and some people assume this means hemp has the same psychoactive characteristics. This is absolutely not the case; it is not possible to get a 'high' from our hemp. The psychoactive nature of marijuana stems from its THC (tetrahydrocannabinol) content, which only exists at a negligible level in hemp. Our hemp has a maximum THC content of 0.01%, which is considerably lower than the EU legal limit of 0.2%, and completely different to marijuana's THC content of about 12%.<sup>1</sup>

## Processing

Our hemp is processed in a high-tech specialist facility in Romania. Hemp has been declared an environmentally 'low-impact' crop compared to wheat (intermediate impact) and sugar beet (high impact).<sup>3</sup> Once harvested, the whole hemp seeds are cleaned and dried before passing through a metal detector then a stone detector. The hemp seeds are then cold pressed, in a process that creates hemp cake and hemp oil. The hemp oil isn't wasted, as it goes on to become a healthy cooking oil, but it is the hemp cake that is used to produce the hemp protein powder.



The hemp cake is broken down by a milling process before passing through a specially designed sieve that isolates the hemp seed fibres. Once this is completed, the powder is placed into airtight packaging and delivered to Naturya. Our hemp powder is raw; throughout the processing, only cold and mechanical methods are used, thereby preventing heat exposure from damaging the essential fatty acids within the hemp.<sup>1</sup>

## The Science

Our hemp powder is 50% protein, containing all of the essential amino acids. Protein is used by the body to build and repair tissue, such as muscles. The two main proteins in hemp are edestin and albumin, both of which are easily absorbed by the body and rich in all the essential amino acids.<sup>4</sup>



Hemp contains essential fatty acids omega-3, omega-6 and omega-9. Hemp has quantities of omega-6 and omega-3 in the 3:1 ratio that is considered optimal for human health.<sup>5</sup> Although this ratio varies depending on individual health and lifestyle, a good guide is to try to increase omega-3, whilst decreasing omega-6. A lower ratio can help reduce the risk of a number of chronic health diseases.<sup>6,7</sup> Omega-3 fatty acids have been shown to reduce the likelihood of cardiovascular diseases such as heart disease and strokes.<sup>8</sup> It is thought that omega-3 consumption may also be able to boost cognitive function.<sup>4</sup>

Hemp is rich in fibre, which makes up the majority of the carbohydrate content.<sup>1</sup> Fibre helps to keep blood sugar levels stable, reduce cholesterol and aids healthy digestion.<sup>9</sup>

## How to enjoy Hemp

Hemp powder has a subtle, nutty taste, which blends gently into most recipes. Include it in sweet or savoury pastries, create cookies and energy bars, or even use it to make some unique home-made hummus. It doesn't need to be too complicated though; hemp powder provides a protein-rich addition to granola, cereal and yoghurt. Of course, hemp protein powder is also a fine addition to a smoothie, its delicate flavour meaning it blends into all kinds of combinations, whether green or fruit-filled.

As ever, feel free to experiment. If you come up with a great recipe then why not send it to us along with some pictures? The best recipes stand a chance of winning some free Naturya products and being uploaded to our site for everyone to try!

1 Supplier pers. comms.

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