

Vitamins & Minerals Found in Hemp

Folate (vitamin B9)

Essential to numerous bodily functions including the production of healthy blood cells and cells that line the digestive tract. It is especially important during periods of rapid cell division and growth since folate is necessary for the creation and maintenance of new cells, and for DNA and RNA synthesis. Folate is also essential for the prevention of neural tube defects of a fetus during the first few weeks of pregnancy.

Thiamine (vitamin B1)

Plays a critical role in the energy metabolism of all cells. Thiamine aids in the conversion of carbohydrates and amino acids into energy and is essential for proper functioning of the heart, muscles and nervous system.

Riboflavin (vitamin B2)

Part coenzymes active in energy metabolism of all cells. It is also essential for body growth, reproduction, red cell production and supports normal vision and skin health.

Niacin (vitamin B3)

Participates in the energy metabolism of carbohydrates, fats and proteins. It aids in the functioning of the digestive system, nervous system, and conversion of food into energy for normal growth and development.

Vitamin B6

Aids in the production of antibodies in the immune system, helps maintain normal nerve function and is required for the metabolism of amino acids and fatty acids. Vitamin B6 helps synthesize hemoglobin (red blood cells) and neurotransmitters (communication molecule of the brain). Vitamin B6 helps regulate blood glucose and is critical to the development of the brain and nervous system of a fetus.

Vitamin E

An antioxidant and serves as the body's main defense against oxidative damage. It forms part of the cell membrane of red and white blood cells and it protects polyunsaturated fatty acids. Vitamin E is also crucial for normal nerve development.

Calcium

Along with phosphorous is important in bone and teeth formation. It helps to maintain a normal blood pressure and plays an essential role in blood clotting. Calcium is necessary for muscle contraction and for a normal heartbeat.

Potassium

Aids the body's growth and maintenance. Potassium helps maintain normal water balance between the cells and body fluids, electrolyte balance, cell integrity and is critical to maintaining a heartbeat, proper heart function, the transmission of nerve impulses and contraction of muscles.

Phosphorous

Together with calcium is vital in the formation of bone and teeth. It forms part of the molecule of the phospholipids that are principal components of cell membranes. Phosphorus is part of the DNA and RNA of every cell. It is essential for growth and renewal of tissues and helps maintain the acid-base balance of cellular fluids.

Magnesium

Assists in absorption of calcium and potassium in the body. Magnesium is also involved in bone mineralization, activating B vitamins, acting as a nerve and muscle relaxant and providing blood clotting. Magnesium is also involved in protein synthesis and is responsible for the release and use of energy from nutrients.

Copper

Required by our bodies for absorption, storage and metabolism of iron, the formation of hemoglobin (red blood cells) and collagen (connective tissue). Copper helps supply oxygen to the body and is required for brain development and nerve cell communication.

Iron

A major component of hemoglobin and myoglobin, both of which are responsible for carrying oxygen in the blood and to our muscles. Iron is required in our bodies to make new cells, amino acids, hormones and neurotransmitters. Iron is also important for enzymatic activity in energy-yielding pathways and is involved in producing ATP (adenosine triphosphate) the body's energy source.

Zinc

Assists enzyme activity in all our cells. Zinc also aids protein, fat and carbohydrate metabolism and supports the immune system, growth, development and reproduction, wound healing, healthy skin, nails and eyes.

Manganese

Works with different enzymes to facilitate body processes. It is involved in the formation of connective tissue, bones, blood clotting and reproductive hormones. Manganese is also required for normal brain and nerve function.

Linoleic Acid (Omega-6)

Plays a crucial role in brain function and normal growth and development. It also helps to stimulate skin and hair growth, maintain bone health, regulate metabolism and maintain the reproductive system.

Linolenic Acid (Omega-3)

Beneficial for heart health and supports immunity. Omega-3s reduces inflammation in many body tissues, including the arteries of the heart. It has a crucial role in brain function and growth and development.

Dietary Fibre

Helps to promote normal blood cholesterol and regulates blood glucose and maintains a healthy bowel function. Fibre also helps in the maintenance of a healthy body weight by increase the feeling of fullness.

Glycemic Index (GI)

A measure of the effects of available carbohydrates on blood glucose. Hemp products do not have significant levels of available carbohydrate therefore the GI cannot be measured. Since most hemp products are high in dietary fibre, this does not affect the blood glucose level. The concentration of blood glucose remains constant as hemp products are consumed.