

# Information: Hemp Seed Oil, cold pressed

Weight Loss: Compared with other vegetable oils Hemp Seed Oil is low in saturated fatty acids. Hemp Seed Oil, therefore, may be thought of as a “diet” oil, because it contributes fewer calories than most other oils or fats and because it is so rich in EFAs, vital for cell metabolism. Experts say getting more than 12-15% of calories from EFAs will actually aid in burning off excess fat and thereby contributing to weight loss. Our Hemp Seed Oil is GMO free. It contains both Omega-6 and Omega-3 Essential Fatty Acids, in a proportion of 3:1. This proportion is the recommended balance of Omega-6 to Omega-3 acids, making it a simple perfect way to complete your diet.

Hemp Seed Oil has been shown to assist with the following medical conditions:

- Eczema
- Psoriasis
- Acne
- Osteoporosis
- Menopause
- Cancer
- Multiple Sclerosis
- Rheumatoid arthritis
- Premenstrual Symptoms
- High cholesterol
- High blood pressure
- Weight loss
- Poor circulation
- Crohn's disease
- Cardiovascular disease
- Gall stones
- Kidney degeneration
- Dry skin
- Immune deficiency
- Irregular hormone levels
- HIV virus
- Tuberculosis
- Low energy levels
- Low metabolism
- Dry skin and hair conditions

There is much more information online and in books to read. Please check with your doctor what is good for you.