



Organic virgin hemp oil comes from the crushing of hemp seeds (*Cannabis Sativa sub Sativa*), grown in Brittany and the southwest of France. Only certain varieties of hemp are authorized for cultivation, listed in the Official Catalog of French Varieties and Species and must not contain in their various organs more than 0.3% THC, the molecule responsible for the psychotropic effects of non-industrial hemp (*Cannabis Sativa sub Indica*). The variety used for the production of our oil is: Fedora 17.

Hemp is one of the oldest plants domesticated by man, with traces dating back to the Neolithic era. It is a double-purpose plant because, like flax, its seeds are of great nutritional interest, but it is also a fiber plant, which has been widely used in history for the production of fabrics, ropes, or even paper. Some industrial varieties will be more oriented towards the production of fibers, others seeds or some mixed. Currently, hemp fiber is experiencing renewed interest in construction and thermal renovation.

Botanical species

*Canabis Sativa*

Agricultural area

West and South West France

Sourcing type

Agriculture

Cultivation method

Organic

## Local Sourcing

Final process area

South West France (Perles de Gascogne)

Part used

Seed

Mode

First Cold Press

Additives

None

The agricultural interest of this crop lies in its ease of establishment, making it possible to keep soils "clean" from weeds without too much difficulty and in its low water demand compared to other crops. It is therefore also very suitable for organic farming and is very well adapted to our climates.

## Agricultural diversity

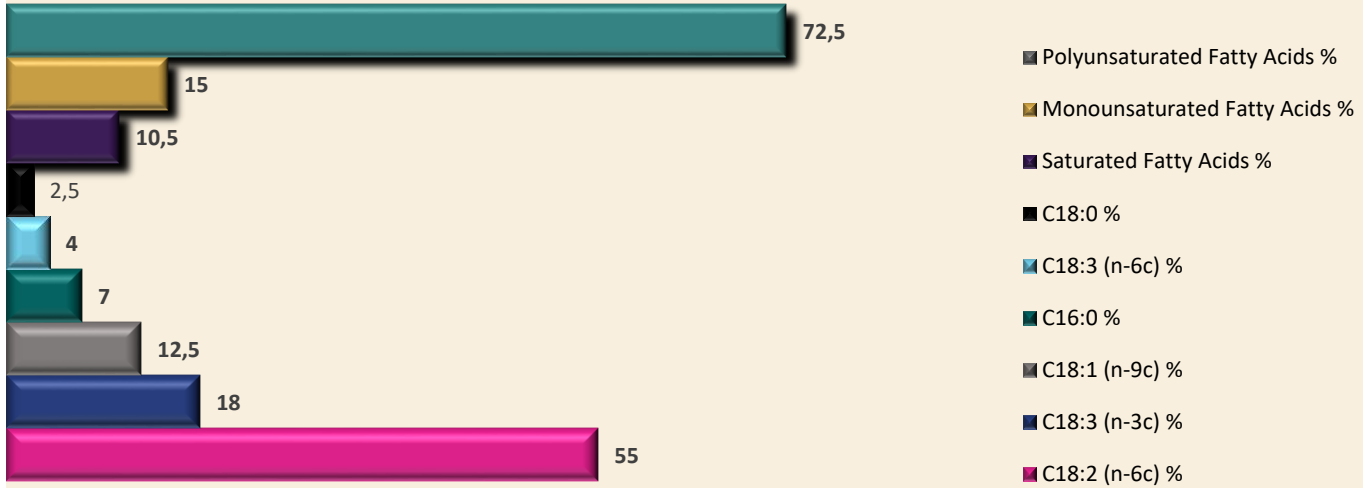
We exploit the seed and therefore produce organic virgin hemp oil from it. As seen previously, authorized varieties must not contain more than 0.3% THC and virgin hemp oil must not legally contain more than 0.00075%. Of course, even if our seeds are produced with an authorized variety, respecting these constraints, we also control our batches of oils and ensure a content strictly below 0.1 ppm, or less than 0.00001%. (Note that we also control the content of Cannabinoids, non-psychotropic, the famous CBD with soothing medicinal virtues but which we do not seek in our products, and that we guarantee a content less than 0.02%)



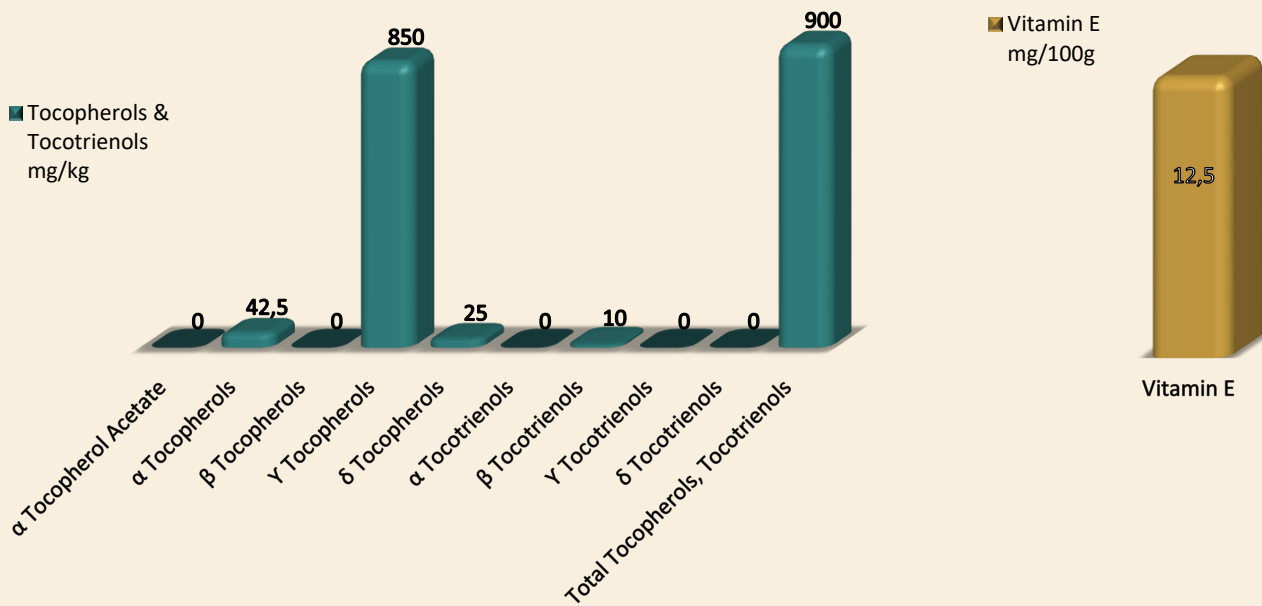
Quality Criteria

Peroxide Index	< 15	meqO2/Kg
Acid Index	< 4	mg KOH/Kg
Saponification Index	190-200	Without

FATTY ACIDS COMPOSITION



UNSAPONIFIABLE



Rich in phytosterols (anti-inflammatory and anti-radical properties)

Phospholipids (skin barrier and penetration of other active ingredients)

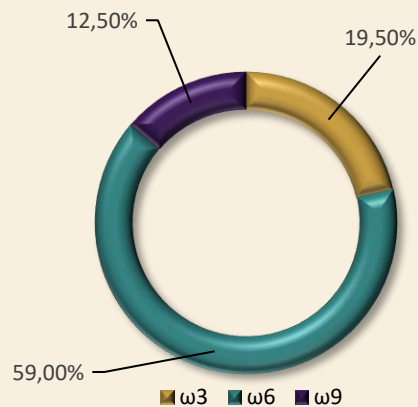
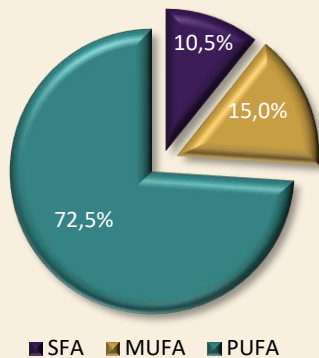
Significant amount of squalene (moisturizing and regenerating properties)



SFA:  
Saturated Fatty Acids

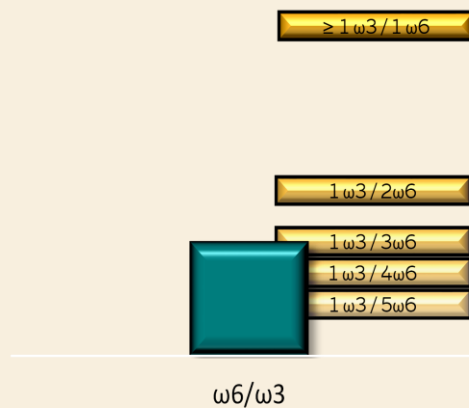
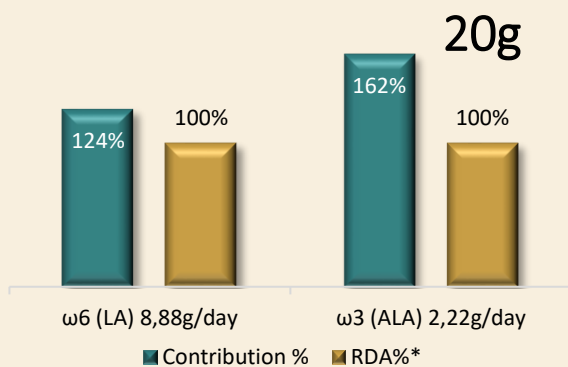
MUFA:  
Monounsaturated Fatty Acids

PUFA:  
Polyunsaturated Fatty Acids



Composed mainly of polyunsaturated fatty acids (PUFA) These polyunsaturated fatty acids are mainly divided into Omega 6 and Omega 3.

\*RDA: Recommended Dietary Allowances (Ref ANSES)  
ANSES: National Agency for Food Safety, Environment and Labour (French equivalent of USDA)



Its composition of Omega 3 (ALA) and Omega 6 (LA) ensures with a consumption of 20g (1.5 tablespoons) respectively more than 162% and 124% of the daily requirements for essential fatty acids (EFA). It thus allows a rebalancing of the ω6/ω3 ratio of your total food intake, generally too rich in ω6 and to bring you closer to the optimal (5ω6 for 1ω3)

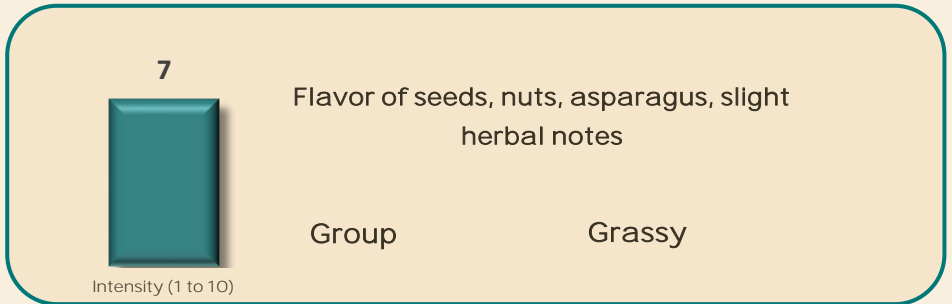
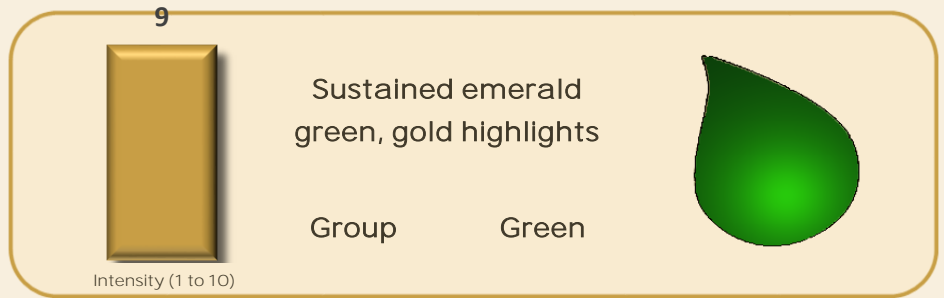
### NUTRITIONAL CLAIMS

- Is naturally rich in Vitamin E
- Is naturally rich in omega 3 fatty acids

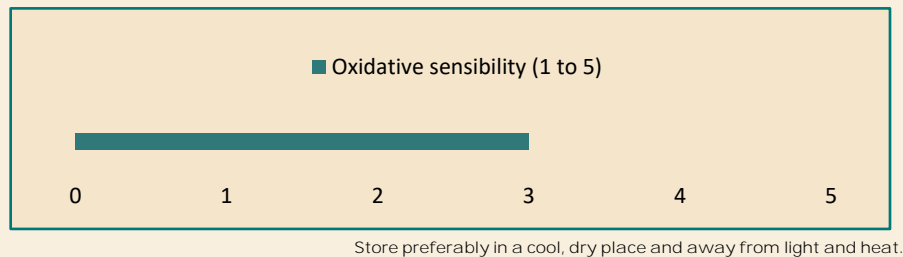
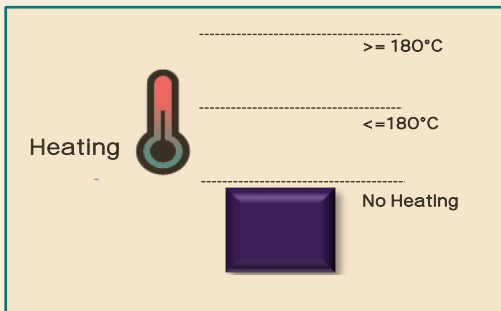
### HEALTH CLAIMS

- Alpha-linolenic acid (ALA) contributes to the maintenance of normal cholesterol levels. The beneficial effect is obtained by the daily consumption of 2 g of ALA.
- Consumption of fats rich in unsaturated fatty acids in the diet as a substitute for fats rich in saturated fatty acids has been shown to lower/reduce blood cholesterol levels. High cholesterol levels are a risk factor for the development of coronary heart disease.
- Vitamin E helps protect cells against oxidative stress

## ORGANOLEPTIC DESCRIPTION



## UTILISATIONS



*To be used cold, as a complement to seasoning raw vegetables or salads.*

*Can also very pleasantly flavor the entire kitchen from savory dishes, meats to desserts.*



*Virgin hemp oil reveals great potency and a beautiful flavor. Its deep green color is warm. Perfect for creating twists with fresh goat cheeses. Chef Vincent LUCAS, Etincelles (24-Ste Sabine-Born)*

Many recipes are available on: [www.perles-gascogne.com](http://www.perles-gascogne.com) [www.perles-gascogne.com](http://www.perles-gascogne.com)

Omega 3

Ratio ω6/ω3

[www.perles-gascogne.com](http://www.perles-gascogne.com)

