



**HEALTHY**



**SUSTAINABLE**

**FOOD FOR GOOD**

Vision

# OUR AMBITION IS TO SEE A WORLD WHERE ALL FOOD AND DRINK WILL BE SUSTAINABLE

Currently over a quarter of all greenhouse emissions come from food production. By working together, we can make a better and healthier planet for future generations.





## WHO WE ARE

**Good Hemp Ingredients, founded in 1999, is a world leading hemp seed ingredient producer devoted to Quality, Sustainability and Innovation.**

We operate a processing plant based in North Devon in the UK, built for and dedicated solely to hempseed. Developed by our founders Henry Braham and Glynis Murray, this facility is unique in the world, producing innovative hemp ingredients for use in nutritious and sustainable food, drink and sports nutrition products.

All our ingredients produced from hemp seed are allergen free. **Oils and Creams** are high in bioavailable Omega 3 and GLA. Our range of **Proteins** are nutritionally complete and easy to incorporate in recipes or use as stand-alone products. **Dietary Fibres** are high in soluble and insoluble fibre and offer a great solution to a growing need in nutrition.

Good Hemp Ingredients are the solution to the consumer demand for sustainable ingredients with authentic nutritional benefits - adding sustainable value and nutritional improvements to businesses looking for food with an eco-friendly future.

Manufacturing

# WHY GOOD HEMP INGREDIENTS?

Being pioneers of hemp production and producers of hemp food from soil to table, we have a deep knowledge of the factors that produce the highest quality ingredients. What's more, we understand the factors that make them sustainable.

This starts with the selection of raw ingredients. All the seed we use must conform to our specification and be UK/EU/USDA compliant. Our long experience of growing and conditioning hemp seed enables us to work with growers to constantly improve standards.

Our supply chain batch coding allows us to trace the history of our ingredients from the date of sowing and harvesting, the seed variety, the country of origin and the farm in which

it was grown. We always validate the cultivation of our raw hemp seed and review its route to us. On arrival both organic or non-organic hemp seeds are subject to stringent storage standards (and separation in compliance with our Organic Certification which we have held since 2018).

All our raw materials are tested in external, certified laboratories to check compliance of microbiological and nutritional composition. We also conduct batch and interval based heavy metal and THC analysis of seeds before shipping and before final compliance checks as we receive seed at our site.



Hemp

# ALL YOU NEED TO KNOW ABOUT HEMP

Protein



## PROTEIN POWER

Complete balanced protein that's 100% plant based, with all 20 amino acids including the nine essential.

Zero Waste



## ZERO WASTE CROP

From the stalk to the seeds, flowers to the leaves, every single part of a hemp plant can be used for eco beneficial products.

Source of Omega 3



## GOOD FATS

The highest source of Polyunsaturated Fatty Acids. High in bioavailable Omega 3 and Omega 6 (GLA). Hemp seed uniquely contains SDA which unblocks the metabolic pathway conversion of ALA into DHA and EPA.

Pesticide Free



## PESTICIDE FREE

A naturally strong crop, hemp does not need any pesticides meaning cleaner food and a cleaner environment.

Source of Fibre



## FULL OF FIBRE

Great source of both soluble and insoluble fibre, aiding digestion and gut health.

Earth Enriching



## EARTH ENRICHING

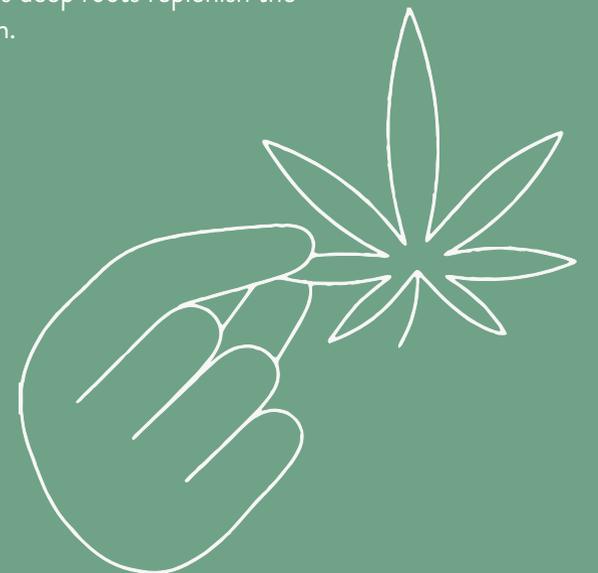
Excellent for biodiversity, Hemp's deep roots replenish the soil's nutrients and reduce erosion.

CO<sub>2</sub> Capture



## CO<sub>2</sub> CAPTURE

Hemp plants breathe in 4 x more carbon dioxide than the same area of trees, delivering excellent carbon sequestration.



Hemp

# GOOD FATS FACTS

Good Hemp Oils and Creams contain more Polyunsaturated Fatty Acids than all other commercially available fats. With a PUFA content of 70%, 10ml of Hempseed oil provides almost all the adult RDA of Omega 3 and contains the equivalent GLA to 6 Evening Primrose Oil capsules. More importantly, the high Omega 3 content in hemp seed fat is uniquely effective, because it does not encounter the block in the metabolic conversion of ALA to EPA and DHA suffered by all other plant sources of Omega 3. This is the role of the SDA in hempseed, which unblocks the metabolic pathway conversion. Food using hempseed fats have authentic and sustainable added value.

## FATTY ACID COMPOSITION OF OILS

		Saturated	MUFA	PUFA	Linoleic 18:2n-6	GLA 18:3n-6	ALA 18:3n-3	Stearadonic 18:4n-3	n-6	n-3	n-6:n-3
<b>Culinary oils</b>											
Hemp seed oil	99.9	7.31	10.57	75.96	53.82	3.31	17.19	1.63	57.13	18.82	3:1
Walnut oil	99.9	9.10	16.40	69.90	58.40	0.00	11.50	0.00	58.40	11.50	5:1
Rapeseed oil	99.9	6.60	59.20	29.30	19.70	0.00	9.60	0.00	19.70	9.60	2:1
Soya oil	99.9	15.60	21.20	58.80	51.50	0.00	7.30	0.00	51.50	7.30	7:1
Wheatgerm oil	99.9	18.50	16.70	60.40	55.10	0.00	5.30	0.00	55.10	5.30	10:4
Corn oil	99.9	14.50	29.90	51.30	50.40	0.00	0.90	0.00	50.40	0.90	56:0
Olive oil	99.9	14.30	73.00	8.20	7.50	0.00	0.70	0.00	7.50	0.70	10:7
Borage oil	99.9	14.41	24.68	56.24	35.27	20.64	0.33	0.00	55.91	0.33	169:4
Sesame oil	99.7	14.60	37.50	43.40	43.10	0.00	0.30	0.00	43.10	0.30	143:7
Palm oil	99.9	47.80	37.10	10.40	10.10	0.00	0.30	0.00	10.10	0.30	33:7
Grapeseed oil	99.9	10.91	18.91	65.71	65.42	0.00	0.29	0.00	65.42	0.29	225:6
Hazelnut oil	99.9	7.80	76.50	11.20	11.10	0.00	0.10	0.00	11.10	0.10	111:0
Safflower oil	99.9	9.70	11.90	74.00	73.90	0.00	0.10	0.00	73.90	0.10	739:0
Sunflower oil	99.9	12.00	20.50	63.30	63.20	0.00	0.10	0.00	63.20	0.10	632:0
Peanut oil	99.9	20.00	44.40	31.00	31.00	0.00	0.10	0.00	31.00	0.10	310:0
Coconut oil	99.9	86.50	6.00	1.50	1.50	0.00	0.00	0.00	1.50	0.10	15:0
<b>Exotic oils</b>											
Borage oil	99.9	14.41	24.68	56.24	35.27	20.64	0.33	0.00	55.91	0.33	169:4
Evening primrose oil	99.9	7.70	10.63	77.05	68.81	8.12	0.12	0.00	76.93	0.12	641:1
Linseed/flaxseed	99.9	9.4	20.2	66	12.7	0	53.3	0	12.7	53.3	0:2

Analysis for hemp seed oil conducted on Good Hemp Hemp Seed Oil at King's College London, data from the Composition of Foods TSO, US Food Tables

Hemp

# GOOD PROTEIN

**Consumer demand for plant proteins is driven by the growth in demand for healthy and sustainable foods. Food that benefits the environment rather than harms the environment. Food that does good not harm. Our new generation of consumers looks at the environmental and health impact of what they buy and especially of what they eat. Environment and health are driving the growing demand for plant-based foods. The story behind ingredients is more critical than ever.**

Hemp ingredients deliver on the demands of the future without compromise. Hemp has exceptional environmental credentials, exceptional nutritional benefits and is fast becoming the byword for sustainability with consumers. There are very few ingredients that are good and do good. Hemp ingredients add value that are authentic and sustainable. If you are looking for these values, then hemp is the answer. And Good Hemp proteins are central to this.

Our mission at Good Hemp is to produce the highest quality ingredients that are easy to use and compatible with a wide range of applications to make the benefits of hemp available to everyone. This is an important aspect of the meaning of sustainability for us. For example, in 2004 we made the world's first shelf stable hempseed oil for use in everyday cooking or on its own. Just like an olive oil. To consumers and retailers alike this is a healthy, tasty and versatile culinary oil. And it has a premium because it is an authentic alternative in a commoditised category.

Since creating the first shelf stable hemp seed oil in 2004, our focus has been on the development of proteins from hemp seed that meet the demands of consumers, food technologists, nutritionists and the needs of modern food production.

Traditional hempseed protein powder contains a balance of protein, fat (the good ones) and fibre. It is well suited to vegan and vegetarian diets and ideal as a balanced supplement for consumers looking for natural protein powders. Whilst it is an excellent wholefood protein powder, we were looking for more.

Over the last 8 years we have developed a range of hemp protein powders with wider applications in mind. From this extensive development in natural production techniques, we now offer two unique hemp protein isolates, specifically to meet the demands and expectations for the future of food, nutrition and the environment.

If you are looking to an eco-friendly future, then Good Hemp proteins are the answer.



# OUR INGREDIENTS

Product specifications for all of our ingredients are available on request, or simply scan the QR codes using the camera on your smartphone.



# HEMP SEED PROTEIN



Hemp protein is available in 3 protein levels, two of which are unique hemp seed protein isolates, unique because they contain the highest protein level of any commercially available hemp seed proteins globally.



PRODUCT SPEC



## GREEN 46% HEMP SEED PROTEIN

Natural complete protein powder with all 20 amino acids, only 9g fat with 6g PUFA (Omega 3, 6 & 9) and 23% fibre. Available as raw, heat treated and as a finer grade.

### Applications:



PRODUCT SPEC



## WHITE 75% HEMP SEED PROTEIN ISOLATE

Natural complete protein with all 20 amino acids (including the 9 essential), 6g fat and 4g PUFA (Omega 3, 6 & 9).

### Applications:



PRODUCT SPEC



## WHITE 85% HEMP SEED PROTEIN ISOLATE

Easy to use, unique hemp protein isolate and is the ideal, clean label, allergen free, GMO- Free solution to pack more protein into a wide range of recipes.

### Applications:



Unique

Isolates ideal for multiple applications.



Balanced

Green hemp seed protein contains dietary fibre, PUFA and more than 20 amino acids.



Digestible

Hemp seed proteins have a PDCAAS more than or equal to other plant based proteins and contain 65% edestin, more than any other plant source.



Organoleptic

Subtle nutty flavour profile, easily incorporated in multiple applications.



Clean Label

Vegan, allergen free, GMO Free.



# HEMP SEED CREAM

Our Hemp seed creams are the world's first dairy free hemp cream concentrates. Using our unique natural wet process, it is the ideal base for beverages, milk alternatives, desserts, cheeses and foods intended as a dairy substitute.



Hemp seed creams are available as liquid, frozen and as a powder.



Contains an ideal balance of Omega 3 to Omega 6.



Of all plant-based products, only hemp seed fats contain 70% PUFA's including GLA and bioavailable Omega 3.



Subtle nutty flavour profile, easily incorporated in multiple applications.



Hemp seed cream contains digestible plant based proteins with 65% edestin, more than any other plant source.



Vegan, allergen free, GMO Free.

## 70% FAT CREAM CONCENTRATE, 20% AND 40% FAT SOLUTIONS

Available as a raw product for onward processing, as a stabilised product or as a stand-alone ingredient in cooked foods.

### Applications:



# HEMP SEED OIL

It took five years for our founders to develop the world's first shelf stable, culinary hempseed oil. With fifteen years consumer approval Good Hemp oil has redefined the uses of one of nature's healthiest oils for consumer and wholesale customers. Cold-pressed, shelf stable, high in PUFA and 40% less saturated fat than olive oil. A 10ml serving provides 75% of your daily recommended ALA intake and the equivalent of 6 Evening Primrose Oil capsules.



Available in bulk IBC and 25 litre barrel.



Unique

Of all plant-based products, only hemp seed fats contain a minimum of 70% PUFA's including GLA and Omega 3.



Clean Label

Vegan, allergen free, GMO Free.



Balanced

The best vegan source of PUFA, with GLA at 4.1% and SDA, as well as the ideal balance of Omega 6 to Omega 3.



Organoleptic

Subtle nutty flavour profile, easily incorporated in multiple applications.



Sustainable

Hemp plants grow without the need of irrigation and pesticides, supporting long-term ecology.



## ORIGINAL HEMP SEED OIL

Cold-pressed, high in PUFA and 40% less saturated fat than olive oil. A 10ml serving provides an 75% of the adult RDA of Omega 3.

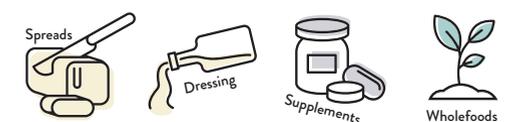
### Applications:



## EXTRA VIRGIN HEMP SEED OIL

The same as our Original but slightly darker, tastier and ideal for dressing applications.

### Applications:



# HULLED HEMP SEEDS



Hulled hemp seeds are the soft kernel of the hemp seed with the outer shell removed. Also known as Hemp Hearts, they have a delicious nutty flavour and a texture similar to a pine nut. Naturally rich in protein and healthy fats, they are a true superfood, containing more Omega 3 than the same serving of Chia or Flax seeds.



Unique

Of all plant-based products, only hemp seed fats contain a minimum of 70% PUFA's including GLA and Omega 3.



Digestible

Hemp seed proteins have a PDCAAS more than or equal to other plant based proteins and contain 65% edestin, more than any other plant source.



Balanced

Hulled hemp seed is a source of balanced proteins, fats and dietary fibre.



Organoleptic

Subtle nutty flavour profile, easily incorporated in multiple applications.



Clean Label

Vegan, allergen free, GMO Free.

## HULLED HEMP SEED HEARTS

A completely raw natural product with a wide range of applications.

### Applications:



Bread



Cakes



Toppings



Snacking



Baking



Wholefoods



PRODUCT  
SPEC



PRODUCT SPEC

# HEMP SEED FIBRE

Hemp Seed Fibre has a significantly higher dietary fibre content than wheat or oat brans. Good Hemp fibre contains 68.9% dietary fibre, which equates to more than 20g of fibre in a 30g serving.



Digestible

High concentration with 20% Soluble and 80% Insoluble Fibre (the useful kind to aid digestion and assist active weight loss).



Organoleptic

Subtle nutty flavour profile, easily incorporated in multiple applications.



Unique

Healthy allergen free ingredient solution.



Antioxidants

Hemp seeds contain polyphenols such as flavanols & flavonoids as well as valuable Vitamin E, magnesium.



Clean Label

Vegan, allergen free, GMO Free.

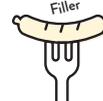
## HEMP FIBRE

Hemp Fibre can be as an addition to baked products such as crackers, bread and breakfast cereals/muesli.

### Applications:



Bread



Filler



Cereal



Baking



Bar



Drink



Supplements



Wholefoods

The Road Ahead

# WHY HEMP CAN HELP OUR FUTURE

The Intergovernmental Panel on Climate Change (IPCC)'s October 2018 Special Report is an urgent reminder that if we are serious about limiting global warming to 1.5°C, we need to get serious about public engagement. The report also highlights the key environmental benefits of hemp:

- Hemp can be grown without the use of pesticides or fungicides.
- Hemp is suitable for cultivation near surface water.
- Hemp is in the top 5 out of 23 crops for biodiversity friendliness, performing better than all major crops such as wheat, maize or rapeseed (Montford and Small, 1999).
- Hemp is an excellent carbon sequester: One hectare of industrial hemp can absorb 15 tonnes of CO<sub>2</sub> per hectare.
- Hemp grows rapidly making it one of the fastest CO<sub>2</sub>-to-biomass conversion tools available, more efficient than agro-forestry.
- Hemp restores soil health. It is a valuable break crop in rotations and has significant benefits for follow-on crops.

At Good Hemp we continually strive to find ways to improve the sustainability of our ingredients, our manufacturing processes and site. We are working towards being part of the Certified B Corporation movement, continually finding ways to improve our efficiency and lessen our carbon footprint through every part of the business.

The inclusion of Good Hemp ingredients provides the right credentials for consumers. Not only vegans, vegetarians, flexitarians and the nutritionally astute but all discerning consumers of the future.

**We have 5 key principles as we embark on that journey with customers and consumers alike.**





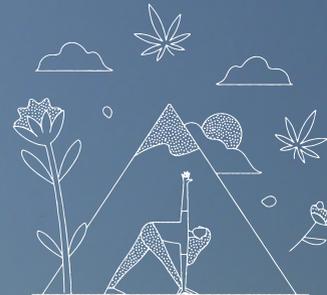
## GROW MORE HEMP

Supporting the increase of UK grown hemp seed.



## LEAVE NO TRACE

Always use recycled and recyclable packaging for our business to business and branded products



## FOR THE PEOPLE

Ingredients with health and environment benefits for our customers and consumers.



## CARBON NEGATIVE

This isn't just about what we make but also how we work and do business.



## ZERO WASTE

Operating a zero waste factory, we use all parts of the hemp seed.



## **CONTACT**

### **HELENA HALL – HEAD OF INGREDIENT SALES**

Helena@GoodHemp.com

### **CUSTOMER SERVICE**

Hello@GoodHemp.com

### **GOODHEMP-INGREDIENTS.COM**

Good Hemp Ingredients  
Collabear Farm  
Tawstock  
North Devon  
EX31 3JZ