



HEMPONICS

# RAW HEMP HEARTS

Helps Maintain Optimal Gut Health



## THE WELLNESS PROBLEM

Fibre is a vital part of the human diet. Good fibre intake is linked to optimal digestive and -gut health.

The modern diet lacks the right amount of fibre to maintain optimal gut health.

Poor gut health is linked to an increase in \*systematic inflammation and autoimmune conditions.

Research has shown \*Dysbiosis as one of the major conditions this is heavily linked to poor gut health.

## HEMPONICS SOLUTION

Hemponics Hemp Hearts is a planet-based source of natural fibres.

Our hemp seeds are a potent source of both soluble and insoluble fibres.

Soluble fibre forms a gel-like substance in your gut that helps lower fat absorption and cholesterol.

Insoluble fibre helps with preventing constipation by sitting around your GI tract and absorbing fluids.

Insoluble fibre also assist with weight management as it fills up space in your stomach causing you to feel full for longer.



\*Brown, Kirsty et al. "Diet-induced dysbiosis of the intestinal microbiota and the effects on immunity and disease." Nutrients vol. 4,8 (2012): 1095-119. doi:10.3390/nu4081095



## KEY BENEFITS

- Hemp Hearts are anti-inflammatory agents useful for managing chronic inflammatory symptoms
- Hemp Hearts aid in blood cholesterol regulation
- Hemp Seeds helps regulate the immune system and has neuro-protective effects
- Hemp Hearts are rich in fibre to maintain optimal gut health
- Hemp Hearts supports skin suppleness and improves skin conditions
- Hemp Hearts assists in weight loss by helping to reduce food cravings
- Hemp Hearts supports hormone health resulting in reduced symptoms associated with PMS
- Hemp Hearts are plant-based making it vegan friendly

## INGREDIENTS

Hemponics Hemp Seeds are Australian produced from the highest quality and sustainably sourced hemp. Our hemp seeds are cultivated without the use of chemicals or preservatives.

### Active ingredients

- 100% Australian Hemp Seeds

### Directions For Use

Best consumed with your favourite salad, smoothy, or mixed with a general meal. Can be eaten on its own.

Available in 250g and 500g packs.

### Storage Advice

Store in a cool dry place away from direct sunlight and heat.



### ABOUT HEMPONICS

At Hemponics Australia we aim to take your food and wellbeing to the next level. That's why every one of our products is designed to help you feel your best and thrive. All made with our favourite plant, hemp. The only plant that can feed you, house you, clothe you, and heal you.