

Cool Hemp's Delicious!

Cool Hemp is the non-dairy frozen dessert made from delicious nutritious hempseeds. Their rich nuttiness will thrill your tastebuds in our three classic flavours –

Cool Chocolate, **Cool Vanilla** and **Cool Maple**.



Cool Hemp's

COR DE
443

Certified Kosher

Cool Hemp is certified organic and certified kosher. It's made using the finest quality certified organic, locally grown and fairly traded ingredients available – dehulled Canadian hempseeds, Canadian Maple syrup, vanilla bean, all natural gums and unrefined sea salt. Also **Cool Hemp's** organic unrefined cocoa and sugar are fairly traded, assuring cocoa and sugar farmers a fairer than usual price for their crops.

Cool Hemp uses dehulled hempseeds which are nutrient rich. **Cool Hemp** contains 0.000% THC.



Dehulled
Hempseed nuts

Cool Hemp's Nutritious!

Did you know that hempseeds are one of earth's most nutritious foods and are nature's source of perfectly balanced Essential Fatty Acids (EFAs)?

And each serving of **Cool Hemp** contains 1/2 of your daily requirement of EFAs, in the correct 3:1 ratio and it's cholesterol free!

EFAs, the polyunsaturated "good" fats – Omega 6 Linoleic Acid and Omega 3 Linolenic Acid, must be obtained in our diet in an average recommended ratio of about 3 to 1. That's the same ratio naturally occurring in hempseeds!

EFAs have been shown to reduce the risk of cardiovascular disease, stroke, osteoporosis and diabetes. EFAs reduce the inflammation of rheumatoid arthritis, relieve eczema, increase immune system function, balance hormone function and boost energy by increasing transport of oxygen to the cells.

Hempseeds are an excellent source of the rare Gamma-Linoleic Acid (GLA), important for human growth and development and significant in protecting us from degenerative conditions like arthritis. It's also well-known that GLA lowers cholesterol and acts to balance hormonal activity.

Hempseeds are protein rich! Their protein (about 65% edestin, a highly digestible form of protein) is comprised of all nine essential amino acids that are required for optimum health.



The Anderman family
at home on Morningglory Farm

The Cool Hemp Company

We're a family business whose mission is to provide delicious, nutritious, all-natural and organic hemp foods to consumers in the most ecologically friendly way, while supporting small organic farmers in Canada and in third world countries.

Our homesteading life in the rolling hills of the Ottawa Valley has inspired our family to bring **Cool Hemp** to you – we hope you enjoy it!

Why Hemp?

Did you know that hemp is now being grown all across Canada? The luxuriant green hemp plant is a valuable and versatile natural resource with an ancient history. Many cultures have found countless uses for hemp in addition to its use as a nutritious food, such as developing its fibre for clothing, canvas and rope, and making it into paper and cosmetics. Hemp is a crop that fits well into a rotation cycle for

organic farming and benefits soil and crops that are planted the next year.

Did you know that hemp fibre lasts 4 to 10 times longer than cotton fibre and produces 4 times more paper per acre per year than trees?

Did you know that hemp produces more easily digestible protein per acre than any other food?

From Hemp to Cool Hemp!

The hemp plant produces small clusters of brown seeds that are combine harvested, cleaned and care- fully dehulled. This reveals the creamy white hemp-seed nuts ready for grinding into the rich white nut-milk that is used for making **Cool Hemp**. Because of their lively nutty flavour and exceptional nutritional value, hempseeds are sparking ideas for many delicious new foods!