

	<b>Title:</b>	<b>Specification - Hemp Yeah! Bar - Coconut Cashew Dark Chocolate</b>	Document #:	<b>SPEC-019</b>
	Location:	Fresh Hemp Foods : Winnipeg	Doc Phase:	Released
	Approved by:	QC Manager	Revision:	6
	Revised by:	Courtney Conroy	Effective Date:	31-Jan-2020

PRODUCT DESCRIPTION	
Description	Hemp Yeah! Bar – Coconut Cashew Dark Chocolate is a bar-size; plant based, protein-packed, super seeds snack made from shelled hemp seeds, sunflower seeds, cashew and natural flavors. The bottom of bar is dipped in Fair Trade dark chocolate.
Flavor & Odor	Very sweet and nutty. Caramel/butterscotch taste, hemp and chocolatey flavor with lingering hits of coconut Sweet, nutty aroma paired with a caramel/butterscotch smell
Color & Appearance	Predominantly beige and light green in color Rectangular bar-shaped piece. Visible and even distribution of ingredients (seeds) with a glossy coating. Bottom half of bar is coated in chocolate.
Ingredients	<p><b>Canadian Ingredient List:</b> Shelled hemp seeds, Sugars (tapioca syrup, agave syrup, fancy molasses), Sunflower seeds, Pea protein crisps (pea protein, tapioca starch), Fair trade dark chocolate (sugar, chocolate liquor, cocoa butter, sunflower lecithin, vanilla extract), Toasted coconut, Cashews, Natural flavour, Coconut oil, Sea salt.</p> <p><b>US Ingredient List:</b> Shelled hemp seeds, Sunflower seeds, Pea protein crisps (pea protein, tapioca starch), Fair trade dark chocolate (sugar, chocolate liquor, cocoa butter, sunflower lecithin, vanilla extract), Tapioca syrup, Toasted coconut, Agave syrup, Cashews, Fancy molasses, Natural flavor, Coconut oil, Sea salt.</p>
Shelf-life	12 months from the date of packaging when stored in original packaging.
Storage	Keep stored in a cool, dry place at ambient temperature. Keep away from heat or light. Humidity between 30-50%. Refrigerate after opening.
Certifications	<p><b>Organic</b> status: this product is not certified organic</p> <p><b>Gluten</b> status: this product is gluten free</p> <p><b>Kosher</b> status: This product is certified Kosher Pareve by Orthodox Union (OU).</p> <p><b>Non-GMO</b> status: this product is Non-GMO Project Verified.</p>
Allergen statement	<b>Allergen:</b> This product contains Cashew, Coconut; May contain Milk; And made in a facility that also handles Almond, Soy, Wheat and Sulfites.

PRODUCT SPECIFICATION		
TEST	SPECIFICATION	METHOD
<b>MICROBIAL QUALITY</b>		
Standard Plate Count	< 250,000 cfu/g	AOAC 990.12
Coliforms	< 500 cfu/g	AOAC 991.14
<i>E. coli</i>	<10 cfu/g	AOAC 991.14
<i>E. coli</i> 0157:H7	Negative	MFLP-30 or MFHPB-10 *
<i>Salmonella</i>	Negative	MFLP-29 *
Yeast & Mold	< 10,000 cfu/g	AOAC 2014.05
<b>CHEMICAL &amp; ELEMENTAL IMPURITIES</b>		
Pesticides	All contracted hemp seed growers are obliged by contract to grow all hemp seed crops without the use of in-crop pesticides.	
Residual Solvents	All hemp and hemp derived products are processed without the use of solvents.	
Heavy Metals	Cadmium <0.5 ppm Lead < 0.5 ppm Arsenic <1.5 ppm Mercury <1.5 ppm	ICP-MS * (limits based on USP)
Mycotoxins	<20 ppb	Elisa or LCMSMS *
THC	<4 ppm on dry weight basis	GC-MS *



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Gluten	<20 ppm	ELISA
Moisture	≤ 5%	Moisture Meter

\* Tested at an ISO/IEC 17025:2005 accredited 3<sup>rd</sup> party Laboratory

\*\* Nutritional profile and Fatty Acid Profile are based on typical test results, not a complete list of all fatty acids or amino acids. These are average values and should be used only to approximate the nutritional composition of any food formulations

**Canada**

<b>Nutrition Facts / Valeur nutritive</b>	
Per 1 (45 g) pour (45 g)	
<b>Calories 230</b>	% Daily Value* % valeur quotidienne*
<b>Fat / Lipides 14 g</b>	19 %
Saturated / saturés 6 g	30 %
+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés 6 g	
Omega-6 / oméga-6 5 g	
Omega-3 / oméga-3 0.8 g	
Monounsaturated / monoinsaturés 2.5 g	
<b>Carbohydrate / Glucides 16 g</b>	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 8 g	8 %
<b>Protein / Protéines 10 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 75 mg</b>	3 %
Potassium 225 mg	5 %
Calcium 20 mg	2 %
Iron / Fer 2.5 mg	14 %
Thiamine 0.2 mg	17 %
Niacin / Niacine 2 mg	13 %
Vitamin B6 / Vitamine B6 0.175 mg	10 %
Folate 30 µg DFE / ÉFA	8 %
Phosphorus / Phosphore 225 mg	18 %
Magnesium / Magnésium 110 mg	26 %
Zinc 1.5 mg	14 %
Copper / Cuivre 0.33 mg	37 %
Manganese / Manganèse 1 mg	43 %
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

**USA**

<b>Nutrition Facts</b>	
1 serving	
<b>Serving size</b>	<b>1 bar (45g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat 14g</b>	<b>18%</b>
Sat. Fat 6g	30%
Trans Fat 0g	
Polyunsaturated Fat 6g	
Monounsaturated Fat 2.5g	
<b>Cholest. 0mg</b>	<b>0%</b>
<b>Sodium 75mg</b>	<b>3%</b>
<b>Total Carb. 16g</b>	<b>6%</b>
Fiber 2g	7%
Total Sugars 8g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein 10g</b>	<b>18%</b>
Vit. D 0mcg	0%
Calcium 24mg	2%
Iron 3mg	15%
Potas. 234mg	4%
Thiamin 0.2mg	15%
Niacin 2mg	15%
Vitamin B <sub>6</sub> 0.2mg	10%
Folate 30mcg DFE	8%
Phosphorus 231mg	20%
Magnesium 108mg	25%
Zinc 1mg	10%
Copper 0.3mg	35%
Manganese 1mg	45%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	