

	Title:	Specification - Hemp Yeah! Bar - Dark Chocolate Cacao / Dark Chocolate Cocoa Nibs	Document #:	SPEC-020
	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 – Dark Chocolate & Cocoa Nibs (Hemp Yeah! Dark Chocolate Cacao – US) is a bar-size plant based, protein-packed, super seeds snack made from shelled hemp seeds, sunflower seeds, pumpkin seeds and natural flavors. The bottom of the bar is dipped in fair Trade dark chocolate.
Flavor & Odor	Sweet, nutty, slightly salty, chocolate taste, hemp flavor with lingering hits of chocolate and coconut Sweet, nutty aroma paired with a chocolate smell
Color & Appearance	Mix of tan, green, and brown 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>Canadian Ingredient List: Shelled hemp seeds, Sugars (tapioca syrup, agave syrup), Sunflower seeds, Pea protein crisps (pea protein, tapioca starch), Fair trade dark chocolate (sugar, chocolate liquor, cocoa butter, sunflower lecithin, vanilla extract), Cocoa nibs, Pumpkin seeds, Toasted coconut, Natural flavour, Coconut oil, Sea salt.</p> <p>US Ingredient List: 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, Agave syrup, Cacao nibs, Pumpkin seeds, Toasted coconut, 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%.
Certifications	<p>Organic status: this product is not certified organic</p> <p>Gluten status: this product is gluten free</p> <p>Kosher status: This product is certified Kosher Dairy by Orthodox Union (OU).</p> <p>Non-GMO status: this product is Non-GMO Project Verified.</p>
Allergen statement	Allergen: This product contains Coconut; May contain Milk; And made in a facility that also handles Almond, Soy, Wheat, Cashew and Sulfites.

PRODUCT SPECIFICATION		
TEST	SPECIFICATION	METHOD
MICROBIAL QUALITY		
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
CHEMICAL & ELEMENTAL IMPURITIES		
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 3rd 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

Nutrition Facts / Valeur nutritive	
Per 1 Bar (45 g) pour (45 g)	
Calories 230	% Daily Value* % valeur quotidienne*
Fat / Lipides 14 g	19 %
Saturated / saturés 4 g	20 %
+ Trans / trans 0 g	
Polyunsaturated / polyinsaturés 6 g	
Omega-6 / oméga-6 5 g	
Omega-3 / oméga-3 0.8 g	
Monounsaturated / monoinsaturés 3 g	
Carbohydrate / Glucides 16 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 8 g	8 %
Protein / Protéines 11 g	
Cholesterol / Cholestérol 0 mg	
Sodium 90 mg	4 %
Potassium 250 mg	5 %
Calcium 30 mg	2 %
Iron / Fer 3 mg	17 %
Vitamin E / Vitamine E 3 mg	20 %
Thiamine 0.225 mg	19 %
Niacin / Niacine 2 mg	13 %
Vitamin B6 / Vitamine B6 0.175 mg	10 %
Folate 35 µg DFE / ÉFA	9 %
Phosphorus / Phosphore 250 mg	20 %
Magnesium / Magnésium 110 mg	26 %
Zinc 1.5 mg	14 %
Copper / Cuivre 0.31 mg	34 %
Manganese / Manganèse 0.9 mg	39 %
*5% or less is a little , 15% or more is a lot *5% ou moins c'est peu , 15% ou plus c'est beaucoup	

USA

Nutrition Facts	
1 serving per container	
Serving size	1 bar (45g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 4g	20%
Trans Fat 0g	
Polyunsaturated Fat 6g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 7g Added Sugars	14%
Protein 11g	20%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 3mg	15%
Potassium 241mg	6%
Thiamin 0.2mg	15%
Niacin 2mg	15%
Vitamin B ₆ 0.2mg	10%
Folate 34mcg DFE	8%
Phosphorus 244mg	20%
Magnesium 112mg	25%
Zinc 1mg	10%
Copper 0.3mg	35%
Manganese 0.9mg	40%
*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.	