

	<b>Title:</b>	<b>Specification – Hemp Yeah! Bar – Dark Chocolate Almond Sea Salt</b>	Document #:	<b>SPEC-021</b>
	Location:	Fresh Hemp Foods : Winnipeg	Doc Phase:	Released
	Approved by:	QC Manager	Revision:	7
	Revised by:	Courtney Conroy	Effective Date:	31-Jan-2020

PRODUCT DESCRIPTION	
Description	Hemp Yeah! Bar – Dark Chocolate Almond Sea Salt is a bar-size; plant based, protein-packed, super seeds snack made from shelled hemp seeds, sunflower seeds, pumpkin seeds, almonds and natural flavors. The bottom of bar is dipped in Fair Trade dark chocolate.
Flavor & Odor	Sweet and nutty, chocolate and almond taste, hemp flavor with lingering hits of almond Sweet, nutty aroma paired with a chocolate smell
Color & Appearance	Mix of 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><b>Canadian Ingredient List</b> Shelled hemp seeds, Sunflower seeds, Sugars (tapioca syrup, agave syrup), Fair trade dark chocolate (sugar, chocolate liquor, cocoa butter, sunflower lecithin, vanilla extract), Pea protein crisps (pea protein, tapioca starch), Toasted coconut, Almonds, Pumpkin seeds, Sea salt, Coconut oil, Cocoa powder, Almond extract, Natural flavour.</p> <p><b>US Ingredient List</b> Shelled hemp Seeds, Sunflower seeds, Fair trade dark chocolate (sugar, chocolate liquor, cocoa butter, Sunflower lecithin, vanilla extract), Pea protein crisps (pea protein, tapioca starch), Tapioca syrup, Agave syrup, Toasted coconut, Almonds, Pumpkin seeds, Sea salt, Coconut oil, Cocoa powder, Almond extract, Natural flavour.</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><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 Dairy 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 Almond, Coconut (US); May contain Milk; And made in a facility that also handles Soy, Wheat, Cashews 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 *



Title:

**Specification – Hemp Yeah! Bar – Dark  
Chocolate Almond Sea Salt**

Document #:

**SPEC-020**

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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**

**USA**

<b>Nutrition Facts / Valeur nutritive</b>	
Per 1 Bar (45 g) pour (45 g)	
<b>Calories 230</b>	% Daily Value* % valeur quotidienne*
<b>Fat / Lipides 15 g</b>	20 %
Saturated / saturés 4 g	
+ Trans / trans 0 g	20 %
Polyunsaturated / polyinsaturés 7 g	
Omega-6 / oméga-6 6 g	
Omega-3 / oméga-3 0.9 g	
Monounsaturated / monoinsaturés 3 g	
<b>Carbohydrate / Glucides 15 g</b>	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 7 g	7 %
<b>Protein / Protéines 10 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 135 mg</b>	6 %
Potassium 250 mg	5 %
Calcium 30 mg	2 %
Iron / Fer 2.5 mg	14 %
Thiamine 0.225 mg	19 %
Riboflavin / Riboflavine 0.075 mg	6 %
Niacin / Niacine 2.25 mg	14 %
Vitamin B6 / Vitamine B6 0.2 mg	12 %
Folate 35 µg DFE / ÉFA	9 %
Phosphorus / Phosphore 250 mg	20 %
Magnesium / Magnésium 120 mg	29 %
Zinc 1.5 mg	14 %
Selenium / Sélénium 4.5 µg	8 %
Copper / Cuivre 0.35 mg	39 %
Manganese / Manganèse 1 mg	43 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

<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 15g</b>	<b>19%</b>
Sat. Fat 4g	<b>20%</b>
Trans Fat 0g	
Polyunsaturated Fat 7g	
Monounsaturated Fat 3g	
<b>Cholest. 0mg</b>	<b>0%</b>
<b>Sodium 135mg</b>	<b>6%</b>
<b>Total Carb. 15g</b>	<b>5%</b>
Fiber 3g	<b>11%</b>
Total Sugars 7g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein 10g</b>	<b>18%</b>
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 3mg	15%
Potas. 247mg	6%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
Niacin 2mg	15%
Vitamin B <sub>6</sub> 0.2mg	10%
Folate 36mcg DFE	10%
Phosphorus 253mg	20%
Magnesium 116mg	30%
Zinc 2mg	20%
Selenium 5mcg	10%
Copper 0.4mg	45%
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.	