



Title:	Hemp Granola - Honey Oat	Document #:	SPEC-040
Location:	Fresh Hemp Foods : Winnipeg	Doc Phase:	Approved
Approved by:	QC Manager	Revision:	5
Revised by:	Sacha Roth-Masson	Effective Date:	31-Jan-2020

PRODUCT DESCRIPTION	
Description	This honey flavored granola contains organic rolled oats and organic shelled hemp seeds as primary ingredients and contains both honey and honey flavor to assist with the flavoring of this particular granola. This product is made in Canada with domestic and imported ingredients.
Flavor & Odor	Sweet and nutty, with hemp and honey flavors and aromas
Color & Appearance	Toasted brown granola clusters with pumpkin seeds and almond pieces
Ingredients	Whole grain rolled oats*, Shelled hemp seeds*, tapioca syrup*, raw cane sugar invert syrup*, Pumpkin seeds*, Brown rice crisps*, Pea protein crisps* (pea protein*, rice starch*), Extra virgin coconut oil*, Hemp protein powder* (hemp protein concentrate*, natural plant extracts), Coconut flakes*, Pea protein concentrate*, Oat flour*, Natural honey flavor with other natural flavors, Chia seeds*, Puffed quinoa*, Salt. *Organic
Shelf-life	12 months from the date of manufacture 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	Organic status: this product is certified organic by Ecocert Canada. Kosher status: this product is certified OU Dairy. Non-GMO status: this product is Non-GMO Project Verified.
Allergen statement	Allergen: Contains: Wheat, Coconut. May contain: Soy. Made in a facility that also handles tree nuts and milk.

PRODUCT SPECIFICATION		
TEST	SPECIFICATION	METHOD
MICROBIAL QUALITY		
Standard Plate Count	≤ 100,000 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	≤ 4000 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 *
Gluten	< 20 ppm	ELISA
Moisture	< 6%	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



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NUTRITIONAL PER 100 GRAMS **

Nutrients	Per 100g
BASIC COMPONENTS	
Calories (kcal)	441.35
Protein (g)	17.67
Carbohydrates (g)	50.09
Dietary Fiber (g)	5.48
Soluble Fiber (g)	0.15
Total Sugars (g)	16.55
Added Sugar (g)	14.5
Fat (g)	19.89
Saturated Fat (g)	9.38
Mono Fat (g)	2.60
Poly Fat (g)	5.4
Omega 3 Polyunsaturated fatty acids (g)	0.76
Omega 6 Polyunsaturated fatty acids (g)	2.53
Omega 9 fatty acids (g)	2.60
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Other Nutrients	
Sugar Alcohol (g)	0

Nutrients	Per 100g
Vitamins	
Vitamin A – RAE (mcg)	2.56
Beta-Carotene (mcg)	0.01
Vitamin B1 (mg)	0.26
Vitamin B2 (mg)	0.12
Vitamin B3 (mg)	0.70
Vitamin B6 (mg)	0.20
Vitamin B12 (µg)	0.00
Biotin (mcg)	0
Vitamin C (mg)	0.19
Vitamin D (mcg)	0
Vitamin E – Alpha-tocopherol (mg)	0.76
Folate (mcg)	29.88
Folate, DFE (mcg DFE)	29.88
Pantothenic acid (mg)	0.08
Vitamin K (mcg)	1.10
Minerals	
Calcium (mg)	54.47
Copper (mg)	0.45
Chromium (mg)	-
Iron (mg)	4.65
Phosphorus (mg)	402.65
Magnesium (mg)	153.81
Manganese (mg)	2.63
Molybdenum (mcg)	2.32
Potassium (mg)	387.00
Selenium (mcg)	11.33
Sodium (mg)	247.99
Zinc (mg)	2.78
Choline (mg)	11.67