

## Statistics Report 12012, Seeds, hemp seed, hulled

Report Date: July 22, 2019 18:58 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	4.96	17	0.170	3	6.3	2.0	4.19	5.72	3	Aggregated data involving combinations of source codes 1 & 12	--	01/2015
Energy	kcal	553	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2015
Energy	kJ	2313	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2015
Protein <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	31.56	17	1.530	25.69	34.6	2.0	24.97	38.15	3	Aggregated data involving combinations of source codes 1 & 12	--	01/2015
Total lipid (fat) <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	48.75	17	1.780	37.6	52.3	2.0	41.09	56.4	3	Aggregated data involving combinations of source codes 1 & 12	--	01/2015
Ash <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	6.06	11	0.430	5.2	7.1	2.0	4.19	7.91	3	Aggregated data involving combinations of source codes 1 & 12	--	01/2015
Carbohydrate, by difference	g	8.67	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2015

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Fiber, total dietary <a href="#">2</a> <a href="#">3</a>	g	4.0	2	--	2	6	1.0	--	--	2	Manufacturer's analytical; partial documentation	--	01/2015
Sugars, total <a href="#">2</a> <a href="#">3</a>	g	1.50	2	--	1	1.99	1.0	--	--	2	Manufacturer's analytical; partial documentation	--	01/2015
Sucrose <a href="#">2</a>	g	0.85	1	--	0	0	--	--	--	--	Manufacturer's analytical; partial documentation	--	01/2015
Glucose (dextrose) <a href="#">2</a>	g	0.20	1	--	0	0	--	--	--	--	Manufacturer's analytical; partial documentation	--	01/2015
Fructose <a href="#">2</a>	g	0.31	1	--	0	0	--	--	--	--	Manufacturer's analytical; partial documentation	--	01/2015
Lactose <a href="#">2</a>	g	0.07	1	--	0	0	--	--	--	--	Manufacturer's analytical; partial documentation	--	01/2015
Maltose <a href="#">2</a>	g	0.07	1	--	0	0	--	--	--	--	Manufacturer's analytical; partial documentation	--	01/2015
<b>Minerals</b>													
Calcium, Ca <a href="#">2</a> <a href="#">3</a>	mg	70	2	--	66	74	1.0	--	--	2	Manufacturer's analytical; partial documentation	--	01/2015
Iron, Fe <a href="#">2</a> <a href="#">3</a>	mg	7.95	2	--	4.7	11.2	1.0	--	--	2	Manufacturer's analytical; partial documentation	--	01/2015
Magnesium, Mg <a href="#">3</a>	mg	700	1	--	0	0	--	--	--	--	Manufacturer's analytical; partial documentation	--	01/2015

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Phosphorus, P <a href="#">3</a>	mg	1650	1	--	0	0	--	--	--	--	Manufacturer's analytical; partial documentation	--	01/2015
Potassium, K <a href="#">3</a>	mg	1200	1	--	0	0	--	--	--	--	Manufacturer's analytical; partial documentation	--	01/2015
Sodium, Na <a href="#">2</a> <a href="#">3</a>	mg	5	2	--	0	9	1.0	--	--	2	Manufacturer's analytical; partial documentation	--	01/2015
Zinc, Zn <a href="#">3</a>	mg	9.90	1	--	0	0	--	--	--	--	Manufacturer's analytical; partial documentation	--	01/2015
Copper, Cu <a href="#">3</a>	mg	1.600	1	--	0	0	--	--	--	--	Manufacturer's analytical; partial documentation	--	01/2015
Manganese, Mn <a href="#">3</a>	mg	7.600	1	--	0	0	--	--	--	--	Manufacturer's analytical; partial documentation	--	01/2015
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">2</a> <a href="#">3</a>	mg	0.5	2	--	0	1	1.0	--	--	2	Manufacturer's analytical; partial documentation	--	01/2015
Thiamin <a href="#">2</a> <a href="#">3</a>	mg	1.275	2	--	1.17	1.38	1.0	--	--	2	Manufacturer's analytical; partial documentation	--	01/2015
Riboflavin <a href="#">2</a> <a href="#">3</a>	mg	0.285	2	--	0.24	0.33	1.0	--	--	2	Manufacturer's analytical; partial documentation	--	01/2015
Niacin <a href="#">3</a>	mg	9.200	1	--	0	0	--	--	--	--	Manufacturer's analytical; partial documentation	--	01/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 <a href="#">2</a> <a href="#">3</a>	mg	0.600	2	--	0.12	1.08	1.0	--	--	2	Manufacturer's analytical; partial documentation	--	01/2015
Folate, total <a href="#">3</a>	µg	110	1	--	0	0	--	--	--	--	Manufacturer's analytical; partial documentation	--	01/2015
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2015
Folate, food	µg	110	1	--	0	0	--	--	--	--	Manufacturer's analytical; partial documentation	--	01/2015
Folate, DFE	µg	110	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2015
Vitamin A, RAE	µg	1	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2015
Carotene, beta <a href="#">3</a>	µg	7	1	--	0	0	--	--	--	--	Manufacturer's analytical; partial documentation	--	01/2015
Vitamin A, IU	IU	11	1	--	0	0	--	--	--	--	Manufacturer's analytical; partial documentation	--	01/2015
Vitamin E (alpha-tocopherol) <a href="#">3</a>	mg	0.80	1	--	0	0	--	--	--	--	Manufacturer's analytical; partial documentation	--	01/2015
<b>Lipids</b>													
Fatty acids, total saturated <a href="#">2</a> <a href="#">3</a>	g	4.600	2	--	4	5.2	1.0	--	--	2	Manufacturer's analytical; partial documentation	--	01/2015
16:0 <a href="#">2</a> <a href="#">3</a>	g	2.866	2	--	2.71	3.44	1.0	--	--	2	Manufacturer's analytical; partial documentation	--	01/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0 <a href="#">2</a> <a href="#">3</a>	g	1.244	2	--	1.21	1.46	1.0	--	--	2	Manufacturer's analytical; partial documentation	--	01/2015
20:0 <a href="#">2</a> <a href="#">3</a>	g	0.312	2	--	0.28	0.39	1.0	--	--	2	Manufacturer's analytical; partial documentation	--	01/2015
22:0 <a href="#">3</a>	g	0.121	1	--	0	0	--	--	--	--	Manufacturer's analytical; partial documentation	--	01/2015
24:0 <a href="#">3</a>	g	0.056	1	--	0	0	--	--	--	--	Manufacturer's analytical; partial documentation	--	01/2015
Fatty acids, total monounsaturated <a href="#">2</a> <a href="#">3</a>	g	5.400	2	--	5	5.8	1.0	--	--	2	Manufacturer's analytical; partial documentation	--	01/2015
18:1 undifferentiated <a href="#">2</a> <a href="#">3</a>	g	5.276	2	--	5.27	5.8	1.0	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	01/2015
18:1 c <a href="#">3</a>	g	5.023	1	--	0	0	--	--	--	--	Manufacturer's analytical; partial documentation	--	01/2015
20:1 <a href="#">3</a>	g	0.124	1	--	0	0	--	--	--	--	Manufacturer's analytical; partial documentation	--	01/2015
Fatty acids, total polyunsaturated <a href="#">2</a> <a href="#">3</a>	g	38.100	2	--	36.2	40	1.0	--	--	2	Manufacturer's analytical; partial documentation	--	01/2015
18:2 undifferentiated <a href="#">2</a> <a href="#">3</a>	g	27.459	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 n-6 c,c <a href="#">2</a> <a href="#">3</a>	g	27.358	2	--	27.56	29.21	1.0	--	--	2	Manufacturer's analytical; partial documentation	--	01/2015
18:2 CLAs <a href="#">3</a>	g	0.202	1	--	0	0	--	--	--	--	Manufacturer's analytical; partial documentation	--	01/2015
18:3 undifferentiated <a href="#">2</a> <a href="#">3</a>	g	10.024	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2015
18:3 n-3 c,c,c (ALA) <a href="#">2</a> <a href="#">3</a>	g	8.684	2	--	8.68	9.34	1.0	--	--	2	Manufacturer's analytical; partial documentation	--	01/2015
18:3 n-6 c,c,c <a href="#">2</a> <a href="#">3</a>	g	1.340	2	--	0.8	1.98	1.0	--	--	2	Manufacturer's analytical; partial documentation	--	01/2015
18:4 <a href="#">3</a>	g	0.617	1	--	0	0	--	--	--	--	Manufacturer's analytical; partial documentation	--	01/2015
Fatty acids, total trans <a href="#">3</a>	g	0.000	1	--	0	0	--	--	--	--	Manufacturer's analytical; partial documentation	--	01/2015
Cholesterol <a href="#">2</a> <a href="#">3</a>	mg	0	2	--	0	0	--	--	--	2	Manufacturer's analytical; partial documentation	--	01/2015
<b>Amino Acids</b>													
Tryptophan <a href="#">1</a> <a href="#">3</a>	g	0.369	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine <a href="#">1</a> <a href="#">3</a>	g	1.269	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2015
Isoleucine <a href="#">1</a> <a href="#">3</a>	g	1.286	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2015
Leucine <a href="#">1</a> <a href="#">3</a>	g	2.163	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2015
Lysine <a href="#">1</a> <a href="#">3</a>	g	1.276	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2015
Methionine <a href="#">1</a> <a href="#">3</a>	g	0.933	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2015
Cystine <a href="#">1</a>	g	0.672	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2015
Phenylalanine <a href="#">1</a> <a href="#">3</a>	g	1.447	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2015

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Tyrosine <a href="#">1</a> <a href="#">3</a>	g	1.263	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2015
Valine <a href="#">1</a> <a href="#">3</a>	g	1.777	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2015
Arginine <a href="#">1</a> <a href="#">3</a>	g	4.550	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2015
Histidine <a href="#">1</a> <a href="#">3</a>	g	0.969	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2015
Alanine <a href="#">1</a> <a href="#">3</a>	g	1.528	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2015
Aspartic acid <a href="#">1</a> <a href="#">3</a>	g	3.662	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2015
Glutamic acid <a href="#">1</a> <a href="#">3</a>	g	6.269	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2015



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Glycine <a href="#">1</a> <a href="#">3</a>	g	1.611	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2015
Proline <a href="#">1</a> <a href="#">3</a>	g	1.597	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2015
Serine <a href="#">1</a> <a href="#">3</a>	g	1.713	--	--	0	0	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2015

**Sources of Data**

<sup>1</sup>JD House, J Neufeld, G Leson Evaluating the quality of protein from hemp seed (Cannabis sativa L.) products through the use of the protein digestibility-corrected amino acid score method, 2010 Journal of Agricultural and Food Chemistry 58 pp.11801-11807

<sup>2</sup>HempNut, Inc Copyright 1999-2000 HempNut, Inc. www.hempfood.com, 2000

<sup>3</sup>Hemp Oil Canada Hemp Oil Canada analyses, 2010