

# Hemp Milk

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## Health Benefits of Organic Hemp Milk

Organic hemp milk is also a great alternative to toxic [cow's milk](#) and those who cannot consume dairy because of dietary issues.

One 8-Ounce glass contains the following healthy nutrients:

900mg Omega-3 Fatty Acid	Vitamin A
2800mg Omega-6 Fatty Acid	<a href="#">Vitamin E</a>
All 10 Essential Amino Acids	Vitamin B12
4 grams of Digestible Protein	<a href="#">Folic Acid</a>
46% of RDA of Calcium	<a href="#">Vitamin D</a>
0% Cholesterol	Magnesium
<a href="#">Potassium</a>	Iron
Phosphorous	<a href="#">Zinc</a>
Riboflavin	And more...

It can be purchased in plain, vanilla, or chocolate flavors, and the boxes they are packaged in do not have to be refrigerated until after you open them. There are now multiple stores selling multiple brands, so if you are a consumer who prefers to stick to organic products, you should not have too much difficulty finding them.

Plain organic hemp milk contains no sugar, no cholesterol, and is free of soy and gluten. For many people, these factors make it an obvious choice for an abundant source of vital nutrients. The essential fatty acids, vitamins & nutrients that are contained in organic hemp milk provide a wide variety of health benefits.

## Hemp Milk Benefits Include:

- Strengthened Immune System
- Clear, Healthy Skin, Hair and Nails
- Strong, Healthy Heart
- Increased Mental Capacity

Organic hemp milk may very well be the best alternative for those of you who do not like cow's milk, suffer from lactose intolerance, are vegans, or are concerned with the sustainability issue

involved with almond and soy milk. The taste of hemp milk is more on the nutty side, so will pair well with hazelnut blended coffees.

### **Health and Hemp Food Trends:**

The increased awareness of cannabis plant legalization (medicinal and adult use) has spiked public interest in the emerging health market. Currently, America is the number one consumer of hemp products, upwards of 90% of hemp products are imported and sold in the U.S.

Developing healthy food trends and the increased awareness about the nutritional benefits of hemp, as well as increased market development in Canada, has led to a 500 million annual market on pace to double every year, and last year reached over 650 million dollars in retail sales. Hemp food products are now available in major retailers such as Whole Foods, Trader Joes and Walmart. Hemp milk is currently starting to see an increase in boutique coffee shops as a replacement to soy and almond milks.

At this time, no major national coffee chain carries hemp milk as an option. This is great opportunity to capture a rapidly evolving market.