



## Hemp Foods are Safe and Nutritious New DEA Rules Are Ridiculous!

Hempseed is one of the most perfect sources for human nutrition in all of nature. In addition to its excellent flavor profile, the seed meat protein supplies all essential amino acids in an easily digestible form and with a high protein efficiency ratio. Hemp oil offers high concentrations of the two essential fatty acids (EFAs) in a perfect ratio of the omega-3/omega-6 acids. EFA's are the "good fats" that doctors recommend as part of a healthy, balanced diet.

This superior nutritional profile makes shelled hempseed and oil ideal for a wide range of functional food applications and as an effective fatty acid supplement. Not surprisingly, shelled hempseed and oil are increasingly used in natural food products, such as corn chips, nutrition bars, hummus, nondairy milks, breads and cereals.

*"Hemp seed oil may be nature's most perfectly balanced oil. It contains an ideal 3:1 ratio of omega-6's [linoleic acid] to omega-3's [alpha-linolenic acid] for long-term use, and provides the omega-6 derivative gamma-linolenic acid (GLA)."*

**Dr. Udo Erasmus**  
**Fats that Heal — Fats that Kill**

Recently published DEA regulations which attempt to ban hemp foods are ridiculous and completely lack common sense. Obviously hemp foods can not be used as drugs. Banning hempseed and oil foods with trace THC is like banning poppy seed bagels and orange juice because they contain trace opiates and alcohol. Common sense says people don't buy orange juice to get drunk or eat poppy seed as a substitute for heroin, **so why ban hemp foods if they don't get you high or interfere with confirmation drug tests?** (see [www.TestPledge.com](http://www.TestPledge.com)) Because almost all hemp foods on the U.S. market do not contain detectable THC (according to the official Health Canada detection protocol), hemp foods should remain legal.

Sterilized hempseeds and oil are exempted by Congress from the Controlled Substances Act and have always been legal. The new DEA regulations which attempt to make hemp foods illegal are wrong. DEA should not be spending its taxpayer funded resources on promulgating arbitrary and malicious regulations or harassing legitimate businesses. Please write DEA today to oppose these ridiculous regulations. **DEA is accepting comments from the public until December 10th. To send comments, go to the Action Alert page at [VoteHemp.com](http://VoteHemp.com) to click a pre-written fax to DEA, or fax/write DEA directly at:**

Deputy Assistant Administrator  
Office of Diversion Control  
Drug Enforcement Administration  
Washington, DC 20537

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