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Bob's Red Mill Natural Foods Launches Hemp Products

Hulled Hemp Seed and Hemp Protein Powder derived from nature's most "perfect" food

Portland, Ore. – October 16, 2008 – Bob's Red Mill Natural Foods announces the launch of Hemp Protein Powder and Hulled Hemp Seed, both derived from one of the world's most nutritionally complete food sources. The new products **are available now at retailers nationwide.**

"The hemp seed may be one of nature's most perfect foods," said Bob Moore, Founder of Bob's Red Mill. "And like all of our hundreds of products we wanted to provide our customers with something that is fully nutritious and delightful to eat."

Hemp contains all 20 known amino acids, including the 10 essential amino acids that our bodies cannot produce and must be supplied through food. Amino acids are the building blocks of proteins and are necessary for building and repairing muscle tissue and are vital to the maintenance of a healthy immune system.

Hemp Protein Powder from Bob's Red Mill is high in protein (43%), fiber, and it contains all the essential amino acids the body needs. Adding hemp protein powder to smoothies, shakes and yogurt is also a simple way to make a quick meal – and to boost energy.

Hulled Hemp Seed from Bob's Red Mill is high in Omega-3 and Omega-6 essential fatty acids, and is also an excellent source of protein. Hemp seed is a nutritious addition to cereals, salads, and baked goods.

The hemp plant is one of the world's fastest growing plants and growing it requires little to no pesticides or herbicides. The hemp sourced by Bob's Red Mill is grown in Canada under the supervision of farmers well-versed in its cultivation. According to the Hemp Industries Association, hemp food sales in the United States have averaged 41 percent annual growth over the past three years. Agriculture and Agri-Food Canada and Statistics Canada data have also shown the quantity of hemp seed exports increased 300% from 2006 to 2007.

ABOUT BOB'S RED MILL

Bob's Red Mill Natural Foods, a distinctive stone grinding miller of whole grains, was founded in 1978 with the mission of moving people back to the basics with healthy whole grains, high-fiber and complex carbohydrates. Bob's Red Mill offers a diverse line of all natural, organic and gluten-free flours, cereals, meals and mixes for pancakes, breads and soups, with more than 300 products available throughout the U.S. and Canada. With its dedicated gluten-free manufacturing facility and strict organic protocols, the company has emerged as a leader in providing safe and delicious natural, organic and gluten-free products. For more information visit www.bobsredmill.com.

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