



BOHECO

BOMBAY HEMP COMPANY



www.boheco.com

WE ARE LISTENING TO THE NEW SOUNDS OF HEALTHCARE & AGRICULTURAL POSSIBILITIES

We, Bombay Hemp Company a.k.a. BOHECO, incorporated in 2013, are India's foremost vertically integrated industrial hemp and medical cannabis company, reimagining the future of Indian agriculture and healthy living with Hemp & Cannabis as our lens. The uses of cannabis are kaleidoscopic. Pull out it's fibre, and it will give you yarn; harvest its seeds for wholesome nutrition; study its genetics, and you'll find medicine; chop it into softwood for material to build shelter.

Our design fuses this potential with the existing industries of healthcare, nutrition, agriculture, technology; to bring together community, impact, and value for an economically sound, socially inclusive, and environmentally sustainable future.

LAB

The more we probe into the properties of Vijaya, the more we discover what this super crop can help us achieve. BOHECO's research is in pursuit of such discoveries through:



Close collaboration with the scientific and healthcare communities to innovate in cannabis and hemp



Generation of clinical evidence to build trust with scientific and regulatory communities



Partnerships with academic and research institutes such as National Institute of Ayurveda, Jaipur for clinical trials

FARM

When we decided to work with medical cannabis and industrial hemp, we soon realised that in India, the plant had no formal standardization for cultivation and business. To organise the sector, we:



Partnered with CSIR-NBRI to work towards standardization through a scientific selection process to develop low-level THC seeds



Partnered with Farmer Producer Organisations in north India for grassroots planning and implementation



Established a formal, fully-functional supply chain, assisting the livelihoods of over 500 Himalayan farmers

Awards and Recognition



CANNABIS LEAF BASED MEDICINES

Our Cannabis leaf-based Health and Wellness Range is infused with active, major and minor cannabinoids extract. Full-spectrum cannabis leaf extract, often called whole plant extracts, contain a variety of cannabinoids, including THC, THCa, CBD, CBDa, as well as terpenes and other compounds such as flavonoids, proteins, phenols, sterols and esters. These extracts are desirable for several reasons. From an experiential standpoint, they replicate the flavor and aroma profile of the plant. From a therapeutic or medicinal standpoint, you get the full benefits of the entourage effect.

Backed by science and formulated by medical professionals, our proprietary ayurvedic offerings are rich in a variety of cannabinoids and other herbs which provide a targeted solution for your unique health and wellness needs. This range consists of various topical and prescription-based remedies for symptomatic relief through natural treatment.



Cannabinoids x The Endocannabinoid System

Cannabinoids are natural compounds found in the leaves & flowers/bud of the cannabis plant. CBD (Cannabidiol) and THC (Tetrahydrocannabinol) are two of the most studied and recognized chemical compounds found within the vast profile of cannabinoids.

The Endocannabinoid System (ECS) is present in every human biological system. ECS is a cell signalling system comprised of molecules that act as neurotransmitters (CB1 and CB2

receptors) spread across the human body. Some of the processes this cell signalling system is responsible for are mood, inflammation, immunity, pain, stress, sleep, and appetite. Phyto-cannabinoids bind with the CB1 and CB2 receptors found within the ECS. This interaction helps simulate the cell signalling system and aid regulation of the mentioned symptoms.



Vegan



Non-GMO



No Additives



GMP Certified



Cruelty Free



Top Quality

PEACE

FOR MILD CHRONIC AND NEUROPATHIC PAIN | Requires doctor prescription

Reduces Inflammation

Manages Insomnia

Reduces Nausea and vomiting

Stimulates Appetite

Enhances Mood

HOW TO USE:

1 capsule twice a day after meals. It is advised to begin with a low dose, as the dosage may vary basis individual physiology and diagnosis. To determine the proper dose, it is advisable to follow your doctor's recommendation.

Introducing PEACE Capsules, with the full spectrum of major and minor cannabinoids, now in an easy to consume, discreet and precise dose format - oil-based capsules. Sourced from the fields of India, BOHECO PEACE capsules comprise of the full spectrum cannabis leaf extract with each capsule containing ~10 mg of major cannabinoids in a 1 : 1 ratio (~5mg CBD and ~5mg THC) along with other minor cannabinoids (CBG, CBN, etc.), which provides natural healing for symptomatic pain relief. With precise dosing, perfect for people on-the-go, BOHECO PEACE capsules are an apt fit for you if you are suffering from various conditions which induce mild to moderate pain - menstrual cramps, muscle spasticity, post-surgery pain, backache, musco-skeletal pains, Fibromyalgia, mid- to moderate- Rheumatoid Arthritis and other similar conditions.

INGREDIENTS :

Cannabis Leaf Extract, Curcuma Longa Rhizome Extract, Hemp Seed Oil

25 mg

Total Cannabis Leaf Extract (per capsule)

11.5 mg

Total Cannabinoids (per capsule)

10 mg

Major Cannabinoids (per capsule)

1:1

THC:CBD



10 capsules

₹ 449

Reduces Inflammation

Reduces Nausea and Vomiting

Promotes Deep Sleep

Stimulates Appetite

Enhances Mood

HOW TO USE:

Take 2-3 drops post meal sub-lingually or as directed by a physician.

Consume sublingually



Introducing PEACE+ tincture with the full spectrum of major and minor cannabinoids for those with moderate to severe chronic pain and neuropathic conditions. BOHECO PEACE+ tincture, available in two delicious flavours, is the perfect fit for you if you are suffering from various conditions which trigger moderate to severe pain along with other symptoms such as loss of appetite, lack of sleep, nausea and vomiting, fatigue, mood disorders etc. The tincture also assists in improving overall Quality of Life, especially for chronic conditions.

INGREDIENTS & AVAILABLE FLAVOURS:

Natural

Cannabis Leaf Extract and Hemp Seed Oil

Peppermint

Cannabis Leaf Extract, Peppermint Oil, Hemp Seed Oil

48 mg

Total Cannabis Leaf Extract (per ml)

35 mg

Total Cannabinoids (per ml)

30 mg

Major Cannabinoids (per ml)

2:1

THC:CBD



10 ml
₹ 1,499



30 ml
₹ 3,599

COMBAT

FOR SEVERE CHRONIC AND NEUROPATHIC PAIN | Requires doctor prescription

Helps **manage severe and chronic pain**

Reduces **Inflammation**

Prevents **Nausea and Vomiting**

Promotes **Deep Sleep**

Stimulates **Appetite**

Enhances **Mood**

INGREDIENTS:

Cannabis Leaf Extract, Curcuma Longa Rhizome Extract, Hemp Seed Oil Q.S.

HOW TO USE:

Take 2-3 drops post meal sublingually or as directed by a physician. It is advised to begin with a low dose, 0.25 mL daily, as the dosage may vary depending on the disease status and other factors. To determine the proper dose, it is advisable to follow your doctor's recommendations.

Palliative care for patients with chronic conditions such as cancer and other similar ailments such as Multiple Sclerosis and central neuropathic pain conditions makes a significant difference in a patient's overall Quality of Life. As they are on several medications and multiple treatment regimens, it can often have adverse effects on their appetite, mood and pain.

BOHECO COMBAT tincture, with the full spectrum of major and minor cannabinoids is made for those with severe chronic pain and neuropathic conditions. Sourced from the fields of India, BOHECO COMBAT comprises full spectrum cannabis leaf extract with each 1 mL containing ~90 mg of major cannabinoids in a 1 : 2 ratio (~30 mg CBD and ~60 mg THC) along with other minor cannabinoids (CBG, CBN, etc.), which provides natural healing for symptomatic pain relief.

145 mg

Total Cannabis Leaf Extract (per ml)

105 mg

Total Cannabinoids (per ml)

90 mg

Major Cannabinoids (per ml)

2:1

THC:CBD

Consume sublingually



10 ml
₹ 3,599

BLISS

SOOTHES ANXIETY AND STRESS | Requires doctor prescription

- Helps **reduce anxiety**
- Helps **manage stress**
- Helps **promote mental calmness and mental relaxation**

INGREDIENTS:

Cannabis Leaf Extract, Ashwagandha (Withania Somnifera) Roots Extract, Brahmi (Bacopa Monnieri) Whole Herb Extract, Tulsi (Ocimum Sanctum) Leaf Extract, Flavouring Agent Q.S., Excipients Q.S.

HOW TO USE:

Consume 2-3 drops twice a day after food. Please adhere to the dosage recommended by your physician. It is recommended that one begins with a low dosage and gradually increases the dosage over time.*Average treatment period for at least 90 days (about 3 months).

Consume sublingually



Introducing a revolutionary new product to help you say goodbye to anxiety – BOHECO BLISS! This unique product, with broad spectrum CBD oil along with Tulsi, Brahmi and Ashwagandha, is 100% natural and will help in relaxing and calming down.

Whether you're facing a tough day at work, struggling with anxiety and loss of focus, or just feeling overwhelmed, BLISS is the perfect solution to help you take a breath and find your inner peace. With its powerful blend of natural ingredients, BLISS is designed to provide fast and effective relief from anxiety and its symptoms, allowing you to feel calmer and more relaxed in no time.

AVAILABLE FLAVOURS:

 **Peach**

 **Mint**

42 mg

Total Cannabis Leaf Extract (per ml)

31 mg

Total Cannabinoids (per ml)

30

Major Cannabinoids (per ml)

0.3:1

THC:CBD



10 ml

₹ 1499

SLEEP

SOOTHES STRESS & INSOMNIA | Requires doctor prescription

- Lowers **stress & anxiety levels**
- Aids in **calming the mind**
- Helps regulate **healthy sleep cycle**
- Improves **quality of sleep**
- Regulates **cortisol and adrenaline levels**
- Promotes feeling of **relaxation**

HOW TO USE:

To be taken under medical supervision. Consume 3-4 drops sublingually (under the tongue) twice a day after food.

Consume sublingually



SLEEP is a proprietary Ayurvedic formulation. It works on the body's Endocannabinoid System (ECS) to mitigate stress & sleep disorders. The cannabinoids combine with our body's CB1 and CB2 receptors to enhance mood, promote sleep, calm the mind, stimulate appetite, etc. The full spectrum of cannabinoids in this Cannabis-based medication provide potent therapeutic effects known as "entourage effect", offering natural treatment for symptomatic relief.

INGREDIENTS & AVAILABLE FLAVOURS:

🔥 Fennel

Cannabis Leaf Extract, Valerian Root Extract, Spikenard Root Extract, Nut Grass Oil, Sesame Oil, Fennel Oil

🌿 Peppermint

Cannabis Leaf Extract, Valerian Root Extract, Spikenard Root Extract, Nut Grass Oil, Sesame Oil, Peppermint Oil



10 ml
₹ 1,299



30 ml
₹ 3,449

DESIRE

 IMPROVES SEXUAL HEALTH | Requires doctor prescription

Improves **Sexual & Reproductive Health**

Improves **Libido**

Improves **Stamina & Energy**

Helps in Managing **Sexual Dysfunction**

HOW TO USE:

To be taken under medical supervision.
1 capsule twice a day after meals,
or as directed by the physician.

DESIRE is a proprietary Ayurvedic formulation. It works on the body's Endocannabinoid system (ECS) to maintain and/or improve sexual and reproductive health for both women & men. The Cannabinoids bind with our body's CB1 and CB2 receptors to regulate sexual function in addition to improving libido by reducing anxiety about sexual performance. The full spectrum of cannabinoids in this Cannabis leaf-based medication provides a natural treatment for symptomatic relief.

INGREDIENTS:

Cannabis Leaf, Ashwagandha root extract, Kaunch seed extract, Shatavari root extract, Gokshura fruit extract



30 capsules

₹ 399

DIGEST FOR HEALTHY GUT AND DIGESTION | Requires doctor prescription

Relieves **Gastrointestinal Disturbances**

Improves **Metabolism**

Improves **Appetite**

Improves **Bowel Movement**

HOW TO USE:

To be taken under medical supervision.
1 capsule twice a day before meals with warm water,
or as directed by the physician.

DIGEST is a proprietary Ayurvedic formulation. It works on the body's Endocannabinoid System (ECS) to relieve gastrointestinal issues and maintain digestive health. The Cannabinoids bind with the CB1 and CB2 receptors which helps improve metabolism and appetite in addition to providing relief from gastrointestinal disturbances. The full spectrum of cannabinoids in this Cannabis leaf-based medication provides a natural treatment for symptomatic relief.

INGREDIENTS:

Cannabis Leaf, Kutaj root extract, Bilva fruit extract, Shunthi rhizome extract



30 capsules

₹ 349

BLOSSOM

FOR HEALTHY MENSTRUAL CYCLE | Requires doctor prescription

Regulates **menstrual cycle**

Restores **menstrual health**

Helps **ease menstrual flow**

Helps **manages symptoms of PCOS**

BLOSSOM is a proprietary Ayurvedic formulation. It works on the body's Endocannabinoid system (ECS) to restore and maintain menstrual health. The full spectrum of cannabinoids in this Cannabis leaf-based medication provides a natural treatment for symptomatic relief.

The Endocannabinoid System (ECS) is present in every human being. A cell-signalling system spread across the body, it comprises molecules which act as neurotransmitters. The Phytocannabinoids bind with the CB1 and CB2 receptors which helps stimulate the cell signalling system and helps regulate menstrual cycle, improve reproductive health and reduces cramps.

HOW TO USE:

One capsule twice a day after meals, or as directed by the physician

INGREDIENTS:

Cannabis Leaf, Ashoka Bark Extract, Lodhra Bark Extract, Ajwain Fruits Extract, Shunthi Rhizomes Extract, Chandrasur Seeds Extract, Dashmool Extract



30 capsules

₹ 299

GLIDE FOR ARTHRITIS AND JOINT PAIN | Topical Usage

Helps **reduce inflammation**

Relieves **pain and swelling**

Mitigates discomfort caused by **arthritis**

Promotes **better joint health**

Improves range of **motion**

Smooths movement

Lubricates stiff joints

INGREDIENTS:

Cannabis Leaf Extract, Hemp Seed Oil

HOW TO USE:

Gently spread a few drops on the affected area.
Use it as a massage oil for your joints.

GLIDE is a proprietary Ayurvedic formulation. It works on the body's Endocannabinoid System (ECS) in relieving joint pain, inflammation and swelling. The full spectrum of cannabinoids in this Cannabis-based product provides a natural treatment for symptomatic relief.

Arthritis is known to be the source of joint inflammation and can cause serious discomfort to those ailing from it. Resorting to various pain medications has become a common practice. GLIDE is BOHECO's approach to a more natural and holistic method of pain-relieving. Fortified with the goodness of Hemp Seed Oil as well as our power-packed Cannabis Leaf Extract it's simple, natural and effective at treating pain in the most non-invasive way possible.

Fragrances Available

- Natural
- Sandalwood & Patchouli



50 ml
₹ 599



100 ml
₹ 949

GLIDE+ SOOTHES ARTHRITIS & MODERATE JOINT PAIN | Topical Usage

Clinically Tested

Lubricates joints to **improve mobility**

Soothes inflammation in joints

Helps **manage osteoarthritis**

INGREDIENTS

Cannabis Leaf Extract, Hemp Seed Oil

HOW TO USE

2-3 pumps is an ideal dose for a light massage. Gently spread a few drops on the affected area. Use it as a massage oil for your joints. You can even leave the oil on through the day or overnight for an optimal healing experience. For more severe cases, it is advisable to massage the affected areas twice a day for optimal results. Or as directed by your physician.

GLIDE+ is a proprietary Ayurvedic formulation. It works on the body's Endocannabinoid System (ECS) in relieving moderate to severe joint pain, inflammation and swelling. The full spectrum of cannabinoids in this Cannabis-based product provides a natural treatment for symptomatic relief.

Arthritis is known to be one of the sources of joint inflammation and can become a chronic condition if left unmanaged. Managing arthritis requires a holistic solution which can help mitigate pain, inflammation and swelling in the joints while lubricating them to ensure smooth movement. A 3x stronger formulation, GLIDE+ targets moderate to severe joint pains and osteoarthritic conditions for symptomatic relief through holistic healing.

3x
STRONGER



30 ml
₹ 599

Clinical Trial Results



87% observed reduction in pain



84% agreed there was an ease in restricted range of movement



85% observed significant reduction in inflammation



88% agreed there was reduction in joint stiffness

EASE

RELIEVES STIFF MUSCLES AND SPRAINS | Topical Usage

Anti-inflammatory & analgesic

Provides relief from **back & muscle aches**

Helps alleviate **cramps & soreness**

Promotes recovery from **micro tears**

Adds a **soothing & cooling sensation**

Relieves **muscle strain**

INGREDIENTS:

Cannabis Leaf Extract, Peppermint Oil, Hemp Seed Oil, Camphor Oil

HOW TO USE:

Gently spread a few drops on the affected area for a deep tissue massage. Use it as a pre or post workout oil to soothe sore muscles.

You can even leave the oil on through the day or overnight for an optimal healing experience.

EASE is a proprietary Ayurvedic formulation. It works on the body's Endocannabinoid System (ECS) in relieving symptoms of strain, spasms, pain, inflammation and swelling. The full spectrum of cannabinoids in this Cannabis-based product provides a natural treatment for symptomatic relief.

Muscles play an integral role in facilitating our body functions, helping us move with ease, and conducting everyday activities. If you have an active lifestyle or work long and strenuous hours, you might have experienced muscle fatigue, inflammation, pain or unease. EASE is a topical product with a plant-based Ayurvedic formulation that begins to work on your muscles from the inside. Ease shows efficacy when included in your daily self-care routine. Offering you the best Ayurvedic knowledge along with the full spectrum of cannabinoids works as a preventative and curative measure for soothing preventative and curative measure for soothing the muscles and relieving symptoms of strain, spasms, pain, inflammation and swelling.



50 ml
₹ 649



100 ml
₹ 999

FOREVER RESTORATIVE FACE SERUM | Topical Usage

Helps **reduce wrinkles**

Deeply **hydrates skin**

Improves **skin radiance & texture**

Enriched with **Cannabis plant stem cells & Gotu Kola**

INGREDIENTS:

Cannabis plant stem cells, Gotu Kola

HOW TO USE:

After cleansing your face with a gentle cleaner, pat dry. Take 3-4 drops on your fingertips and gently massage it on your face until fully absorbed. To use as a booster, just add a few drops into a coin sized amount of face moisturiser and blend in to your skin as usual. Can be used in the day or at night before going to bed. Shake well before use.

FOREVER is a blend of skin-nourishing and repairing ingredients that heal your skin from deep within. This one-of-its-kind water-based face serum contains two hero ingredients - Cannabis Sativa Callus Lysate and Centella Asiatica Callus Conditioned Media, based on plant stem cell technology with the goodness of hyaluronic acid to boost hydration, skin elasticity, and reduce wrinkles to make your skin dewy, supple and radiant.

Cannabis Sativa Callus Lysate, rich in phyto-peptidic fractions, restores the microbiome balance of the skin, which stimulates the formation of neuroactive postbiotics, improving the mood and thereby generating positive emotions. In Ayurvedic medicine, Centella Asiatica has always been valued for its longevity and regenerative properties. Sodium Hyaluronate, is a form of hyaluronic acid that sweeps to the deep layers of your skin and attracts moisture, and reduces inflammation.

FOREVER is carefully curated for you and is free from parabens, sulphates and SLS. Cannabis Sativa Callus Lysatein is derived from the stem cells of the Cannabis Sativa Linn. plant and is free from any Cannabinoids (THC, CBD, etc.)



30 ml
₹ 699

RESCUE THERAPEUTIC HEALING BALM | Topical Usage

Relieves **Headaches**

Manages **migraine pain**

Eases **congestion from cold**

Mitigates **stress induced headaches**

INGREDIENTS:

Cannabis Leaf Extract, Menthol, Camphor, Thymol, Gaultheria Oil, Eucalyptus Oil, Capsicum Oleoresin, ointment base

HOW TO USE:

Gently massage across the affected area using gentle circular motion for relief from various types of headache. Apply across chest, nose and throat till absorbed to relieve nasal and chest congestion. For best results, apply before the onset of a migraine attack for optimal management. Or as directed by the physician.

RESCUE is a proprietary Ayurvedic formulation which works with the body's Endocannabinoid System (ECS) to help alleviate headaches and relieve migraine pain. The full spectrum of cannabinoids in this CBD-based healing balm provides a natural treatment for symptomatic relief from headaches.

Headaches are one of the most common kinds of pain experienced by all, irrespective of age. It may also be a symptom of stress or tension, migraine or even a concussion. There are three common kinds of headaches - tension, migraine and cluster, which may cause mild to severe pain. Those suffering from headaches, specifically migraines, have lower levels of endocannabinoids. RESCUE is a CBD balm containing phytocannabinoids which bind with the receptors to reduce inflammation, mitigate pain and relieve stress. It also helps ease chest and nasal congestion & tension in neck and shoulders.



15 g
₹ 349

Deeply hydrates & moisturizes skin

Soothes inflammation & rashes

Aids in healing psoriasis & eczema

Enriched with full spectrum Cannabis Leaf Extract

INGREDIENTS:

Cannabis Leaf Extract, Kokum Butter, Zergul Extract, Ghrita Kumara Juice, Shea Butter, Yastimadhu Extract, Ushira Oil, Nagdamani Oil

HOW TO USE:

Apply 2 fingertips (eq. 1 g approx.) of cream across your affected area. Spread it on your skin using gentle circular motions until it is absorbed. To be used in the day or at night before going to bed.

PRISTINE is a proprietary Ayurvedic formulation. It works on the body's Endocannabinoid System (ECS) to assist in improving skin conditions like psoriasis, eczema and hydrating dry skin. The full spectrum of cannabinoids in this Cannabis-based product provides a natural treatment for symptomatic relief.

Did you know your skin is the largest organ and your first line of defence? Healthy skin is the first sign of a healthy lifestyle. Skin also has the largest number of cannabinoid receptors which means, it can soak the natural benefits of CBD right in! CBD is great for all skin types and is also proven to be exceedingly helpful for individuals with dry skin conditions, inflammatory skin conditions, skin sensitivity, acne and dry skin complications. When applied topically on the skin it is shown to produce soothing, calming and therapeutic benefits. This product will help bolster your skin's protective barrier, trapping moisture inside and helping you achieve optimal



BLOOM

MENSTRUAL PAIN RELIEF ROLL ON | Topical Usage

Enriched with **full spectrum Cannabis Leaf Extract**

Helps **reduce cramps**

Soothes pain in abdomen, lower back & thighs

Uplifts mood & helps relax

INGREDIENTS:

Full spectrum Cannabis Leaf Extract, Peppermint Crystals, Camphor Oil, Ajwain Oil, Wintergreen Oil, Capsaicin

HOW TO USE:

Apply 3-5 gentle strokes across the affected areas. Gently massage the oil till absorbed, if desired. Use as frequently as required daily or till the pain abates.

BLOOM is a proprietary Ayurvedic formulation. It works on the body's Endocannabinoid System (ECS) to alleviate menstrual cramps and pain. The full spectrum of cannabinoids in this Cannabis leaf-based product provides a natural treatment for symptomatic relief.

Yes! There is a natural method to deal with menstrual pain. Find comfort during your menstrual cycle through this externally applied roll-on. A combination of powerful natural ingredients, this formulation eases pain and cramps in the lower abdomen, back and thighs without leaving any residue or stain on clothes.



10 ml
₹ 349

HIMALAYAN HEMP NUTRITION

Our Himalayan Hemp Nutrition & Wellness Range is made from power-packed hemp seeds sourced from the Uttarakhand state in the Himalayan region. Rich in omegas, vitamins, minerals, edestin protein, essential amino acids, etc., each product has a unique nutritional profile for your unique nutritional needs. This range consists of various wholesome nutrition & wellness supplements which are great for your daily wellbeing. BOHECO products do not contain additives or enhancers.



Vegan



Non-GMO



No Additives



GMP Certified



Cruelty Free



Top Quality

Himalayan Hemp x Holistic Goodness

Hemp travels from the lush Himalayan slopes to your tabletops for your daily wellbeing. Our power-packed Himalayan Hemp Nutrition & Wellness Range derives from hemp seeds sourced from Uttarakhand in the Himalayan region. Hemp seeds have a unique nutritional profile - rich in omegas, vitamins, minerals, protein, and essential amino acids, to name a few. The nutritionally dense hemp seeds help extract other ingredients like hemp powder & hemp seed oil,

each having unique nutritional profiles, benefits and usages. Its power-packed nutritional profile, enhanced bioavailability, and versatile the gold standard of superfoods. Products and by-products made from hemp seeds help fulfil multiple wellness requirements arising from our modern-day lifestyle choices. So, you can get the best of plant-based wellness daily for your body, mind & soul.



HIMALAYAN HEMP HEARTS

Strengthens **immunity**

Enhances **muscle function**

Stimulates **healthy metabolism**

Boosts **energy & stamina levels**

Helps in **weight loss**

INGREDIENTS:

Shelled Hemp Seeds

HOW TO USE:

Munch, garnish or mix with any kind of snacks, meals, batters, smoothies. Sprinkle as a garnish on your favourite foods or blend into your everyday meals and desserts for a boost of protein and omegas. Mix into your homemade dry fruit/trail mix as a crunchy and healthy snack.

HIMALAYAN HEMP HEARTS which are shelled hemp (cannabis) seeds are an all-rounder. Dense with multiple nutrients such as protein, omega fatty acids, calcium, minerals, vitamins, antioxidants, iron, dietary fibres and calcium. Hemp Hearts help boost energy levels, enhance muscle function, promote weight loss & strengthen immunity. Nutrition-packed goodness of nature, our Hemp Hearts are sorted and shelled with care to bring out the nutty flavour that compliments all your dishes. Hemp hearts are one of the best plant-based sources of protein and omegas that are essential for your everyday nutritional needs.



100 g
₹ 499



250 g
₹ 999



500 g
₹ 1,899

PARAMETERS	PER 100 GMS	PER SERVING 1 TSP (14.3 g)
Energy (Kcal)	718.4	102.73
Total Protein (g)	28.6	4.09
Total Fat (g)	52.2	7.46
Saturated Fat (g)	5.3	0.76
Trans Fat (g)	ND	ND
Monounsaturated Fatty Acids (g)	5.9	0.85
Polyunsaturated Fatty Acids (g)	30.8	4.40
Omega 3	2.4	0.34
Omega 6	5.8	0.83
Total Carbohydrates (g)	4.9	0.70
Dietary Fiber (g)	23.2	3.32
Minerals		
Iron (mg)	0.03	0.004
Sodium (mg)	0.01	0.0007
Potassium (mg)	0.94	0.13
Calcium (mg)	0.01	0.002
Others		
Cholesterol (mg)	0.01	0.001

ND: Not detected

HIMALAYAN HEMP SEED OIL

Controls **cholesterol levels**

Reduces risk of **blood pressure**

Soothes signs of **chronic inflammation**

Improves **brain & heart health**

Promotes **healthy hair growth**

Nourishes & repairs skin

INGREDIENTS:

Shelled Hemp Raw, cold pressed, unrefined Hemp Seed Oil

HOW TO USE:

Drizzle over salads, dips, toasts, hummus or pasta. Use it in your salad dressing, drizzle as a garnish on any of your favourite foods or blend it into your favourite dips for a touch of nuttiness. This multi-purpose oil also acts as a great nourishing agent for your hair and skin.

HIMALAYAN HEMP SEED OIL is raw, unrefined, cold-pressed hemp (cannabis) seeds oil rich in omega fatty acids, antioxidants, vitamins & minerals. It helps boost digestive health & nourishes hair & skin. A light non-greasy oil that's fortified with the goodness of hemp plant. Uplift any dish and give it a boost of nutrition with a light drizzle of hemp seed oil. And it is the perfect solution to all skin woes be it dryness, acne or aging all with the natural goodness of hemp.

PARAMETERS	PER 100 ML	PER SERVING 1 TSP (14.3 ml)
Energy (Kcal)	952.4	136.19
Total Fat (g)	99.4	14.21
Saturated Fat (g)	12.4	1.77
Trans Fat (g)	ND	ND
Monounsaturated Fatty Acids (g)	11.1	1.59
Polyunsaturated Fatty Acids (g)	72.4	10.35
Omega 3	20	2.86
Omega 6	51	7.29
Total Carbohydrates (g)	ND	ND
Dietary Fiber (g)	ND	ND
Minerals		
Potassium (mg)	0.03	0.004
Calcium (mg)	0.03	0.005
Others		
Cholesterol (mg)	ND	ND
Total Vitamin E (g)	10.2	1.46

ND: Not detected



100 ml
₹ 549

250 ml
₹ 949

HIMALAYAN HEMP POWDER

Stimulates **healthy & balanced weight**

Boosts **healthy metabolism**

Builds lean **muscle growth**

Curbs **excessive cravings**

Helps maintain **healthy gut**

INGREDIENTS:

Raw Hemp Seed Powder

HOW TO USE:

Mix a scoop or two with any dough, juices, smoothies, batters, porridge. Use as a protein supplement for postworkout smoothies/shakes/juices. Or add as a booster to your favourite gravies, dough or dessert batters.

HIMALAYAN HEMP POWDER is grounded hemp (cannabis) seeds rich in edestin protein and dietary fibres. It helps build lean muscles, improve gut health & boost healthy metabolism. Made from raw hemp seeds this is a 100% plant-based protein with the ability to provide you with a wholesome source of nutrition. An easily adaptable product, Hemp seed powder is a great way to boost your meals with the goodness of hemp.

PARAMETERS	PER 100 GMS	PER SERVING 1 TSP (14.3 g)
Energy (Kcal)	682.6	97.61
Total Protein (g)	37.1	5.31
Total Fat (g)	10.95	1.57
Saturated Fat (g)	1.26	0.18
Trans Fat (g)	ND	ND
Monounsaturated Fatty Acids (g)	2.14	0.31
Polyunsaturated Fatty Acids (g)	41.2	5.89
Total Carbohydrates (g)	42.1	6.02
Dietary Fiber (g)	3.14	0.45
Soluble Fiber (g)	13.2	1.89
Insoluble Fiber (g)	25.4	3.63
Minerals		
Iron (mg)	0.03	0.004
Sodium (mg)	0.004	0.0006
Potassium (mg)	0.003	0.0004
Calcium (mg)	0.02	0.003
Others		
Cholesterol (mg)	ND	ND

ND: Not detected



100 g
₹ 349



500 g
₹ 999



1 kg
₹ 1,799

DO YOU BELIEVE IN THE IMPACT OF YOUR CHOICES?

**When you choose consciously, it takes care
of your well-being and the environment!**

We believe in the power of nature's innovation, and in an endeavour to make that choice available to you, BOHECO brings to Life, a plant-powered purpose. Set to revolutionize your diet, assist holistic well-being, and potentially reverse the wheels of environmental degradation.

While you reach out to turn over a new leaf, we're rooting for you!

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