



Press Release

FOR IMMEDIATE RELEASE

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Foods Alive Launches Organic Toasted Hemp Seed with Sea Salt

A delicious & savory hemp snack

Waterloo, Indiana (February 11, 2010) – The leading crafters of life-giving, mineral-rich, organic foods have added yet another certified organic superfood to its lineup. Foods Alive organic **Toasted Hemp Seeds with Sea Salt** are grown, harvested, toasted and lightly salted in Canada. Hemp is considered by leading researchers and medical doctors to be one of the most nutritious food sources on the planet. Now, **Foods Alive** offers this wonderful superfood for you and your family.

Since the human body produces no Essential Fatty Acids (EFAs), it is important that EFAs be consumed on a regular basis. It is estimated that more than 90 percent of Americans take in too little of one of the most important EFAs—omega-3— which is found in flax, walnuts, chia, and hemp seeds. EFAs are the "good fats" that doctors recommend as part of a healthy, balanced diet. Hemp Seeds also provide a high level of dietary fiber, which helps your digestive system remain efficient and healthy.

Foods Alive suggests that customers add organic toasted hemp seeds to oatmeal, cereal, granola, trail mix, salads or even eating them straight from the bag.

Foods Alive Toasted Hemp Seeds with Sea Salt are certified organic, gluten free, vegan and kosher and are packaged in a 14-ounce re-sealable stand-up bag with a suggested retail price of \$7.99. Toasted Hemp Seeds with Sea Salt are the newest addition to the popular Raw Super Foods line at Foods Alive, which also includes Cacao Powder, Maca Powder, Hulled Hemp Seeds, Goji Berries, Jungle Peanuts and more. Foods Alive products are available at Whole Foods Markets, hundreds of other stores across the United States, and many leading web retailers including Amazon.com and Puritan's Pride.

About Foods Alive - Food to Nourish Your Body, Mind & Soul

Since 2002, Foods Alive has been providing mineral rich and nutrient dense, organic, raw foods, making it easy for people to gain the essential nutrition needed to not just sustain, but to thrive throughout the day. Everything created at Foods Alive is of the deepest integrity, from our family to yours. For more info, please visit

www.foodsalive.com

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