



## Hemp Seed and Oil for Birds

One of the most 'famous' uses of hemp seeds globally, and the largest market for hemp seeds and hemp oil world wide today is as a bird feed. Suffice to say, birds love hemp seeds for their great nutrition.

ensure that our birds are receiving enough of the GLA and Omega 7 fatty acids in the hemp seed oil along with the Omega 3 fatty acids in flax seed oil.”

You may find your bird singing away and showing off it's shiny feathers to it's friends. I have heard many such stories like this over the years to people I have supplied hemp seeds and hemp oil too.

Here is one quote from a site for bird health that helps explain a little more about bird nutrition from hemp seeds.

"In addition flax seed oil does not contain enough Omega 7. Omega 7 is otherwise known as palmitoleic acid which helps to oxidize, or “burn” unused fat. This is of great importance to ensure that our birds do not become obese or develop fatty liver disease.

Don't get me wrong, I absolutely love flax seed oil and believe it should be part of the overall “good fat” in our birds’ diet because it is uncommonly high in Omega 3 fatty acids. But in my opinion it should not be considered a “stand-alone” dietary oil. In my opinion, when feeding flax seed oil it should always be fed in partnership with hemp seed oil at the rate of 1.5 parts of hemp seed oil to 1 part of flax seed oil to