

<sup>3/11/17</sup>  
We claim that those who use Hemp Hearts in quantity every morning with long fiber foods, who minimize their weight by avoiding sugar, starches and processed foods, inevitably notice improved tissue health—reduced tissue inflammation and improved tissue elasticity.

Please describe any external changes experienced with respect to skin and hair conditions:

I began using Hemp Hearts as part of an overall diet change to reduce inflammation and pain. I did not intend to lose weight but, I did. My greatest success was in making Hemp Hearts a consistent part of my overall change in diet, i.e. (low sugar, starch & no processed foods). 3 years later I am pain free.

Please describe any internal changes experienced relative to pain and tissue inflammation:

Q

We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.

Please describe your weight control experiences with Hemp Hearts:

I have continued to eat a light lunch. Soup, wheat free bread - toast or sandwiches, or salad. My weight has stabilized at 155# - no concern there.

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

I used to eat a bagel for breakfast (before 8:00 AM) on my way to work and would be ravenous by 10:00 AM. When I started eating the hemp hearts, I noticed no hunger pains mid morning and a small lunch - just an apple would carry me through with no 3:00 in the afternoon craving. Also, have no interest in the extra goodies that come into my office at Christmas time!

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

I could miss lunch very easily but always have a salad or light snack

Boo17

2

We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.

Please describe your weight control experiences with Hemp Hearts:

I've been able to maintain a healthy weight, I've lowered my carb intake, more soups + VEGS.

We claim that diabetics who use Hemp Hearts in quantity each morning with assorted vegetables, totally avoiding sweet fruit, starches and processed foods—minimizing their weight—are often able to improve circulation and reduce their dependence on insulin.

Please describe your experiences with Hemp Hearts and any serious health condition:

CANCER THIS YR. SO AVOIDED HIGH GLYCEMIC FOODS, SUGAR  
I MADE HEMP HEARTS AN IMPORTANT ADDITION TO MY DIET

2

We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.

Please describe your weight control experiences with Hemp Hearts:

I have found it easier to stay away from starches & sugar because my blood sugars are more stable throughout the day using Hemp Hearts several times during the day.

For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.

Please describe yourself and the length of time that you have been using Hemp Hearts:

I was always fighting my weight. And since I started using hemp hearts (Jan 2008) I feel so much better. I don't have to snack in between meals anymore.