

We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.
Please describe your experiences regarding energy and Hemp Hearts:

I can make it about 6 hours before I need to re charge. I have always had a very good metabolism and if I don't re fuel regularly, I'll bonk. I try to keep Carbs to a minimum unless they are very complex. No simple carbs.

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 heard about hemp hearts four years ago and have been using them regularly since then. I am a person who wants to eat protein but not meat & chicken. Hemp hearts are delicious & high in protein.

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

I have been using hemp hearts since July 2009. I am a marathoner and triathlete - very active. In my 40's, female, and wanting more protein, omega fats & essential nutrients w/o sugar or starch - these seemed perfect - they are.

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: **BO057**

In 2008 I was diagnosed & treated for breast cancer. The dietitian @ the Cancer Clinic advised me that the clinic had just added Hemp Hearts to their patients diets as a way of incorporating good protein (plus other health benefits). When I told her I was already using the Hemp Hearts, she was impressed.

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:

After I introduced hemp hearts to my diet I find I am inspired to eat more healthy.

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 had a heart attack 3 yrs ago. Since watching what I eat, exercising & eating hemp hearts I have lost 45 lbs.

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

I am 55 years old and have been using Hemp Hearts for about 2 years on a regular basis. Since using Hemp Hearts, I have stopped all other supplements. I feel very good generally: physically, mentally and emotionally.

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

I am generally healthy and not overweight. I started using Hemp Hearts a couple of years ago as a way to introduce ^{more} healthy amino acids and Omega 3-6-9 into my diet.