

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:

In the past 5 years using hemp hearts I have improved my energy and increased my activity through which my weight reduced from 170 lbs - 160 lbs.

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Please describe your weight control experiences with Hemp Hearts:

I DON'T HAVE A WEIGHT PROBLEM BUT EATING LESS AND STILL HAVING THE ENERGY TO DO EVERYTHING CAN'T BE A BAD THING

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 have noticed that my energy level has greatly improved since taking Hemp Hearts. I prefer to eat a light lunch of blueberries and yogurt with almonds + walnuts. My day starts at 5:30 AM - waiting til evening is too long a wait without another meal.

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 take mine with fruit and a little flakes and some yogurt / cottage cheese. I have no need for snacks and have enough energy.

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 don't use five tablespoon I only use 3 and I'm not really that hungry most of the day. The wife also uses this and finds that she has more energy also.

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:

- When eating in this manner, I don't feel the need to snack or eat in between.
- I feel strong the entire time.

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 am a 37 years old male and have been using Hemp hearts for over 1 year.

I am a business manager and a busy person.

Hemp hearts give me the energy and proteins I need in the morning and have helped me quit drinking coffee.

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:

Type 2 diabetic Hemp Hearts able to adjust to different diet easier and able to stay on it without the run down feeling at end of day.