

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 need only 2-3 tablespoons that keeps me cognitively and physically energized and sometimes I have gone all day without remembering to stop and eat.

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Please describe your experiences regarding energy and Hemp Hearts:

Yes, I do find that I have more energy. Since I have been using Hemp Hearts, plus taking B vitamins, I feel 10 years younger and I am a lot more active.

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 have been using hemp hearts for about 1 1/2 years. I am 64 years old. I have Type 2 diabetes. High blood pressure. Since I have been using hemp hearts, it has made a world of difference in my well being.

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

I have 1-3 bowel movements daily. My bouts of depression are a thing of the past. My general health is pretty good for my age. I have no more stomach trouble, no Restless Leg Syndrome, no headaches, no bad sleep habits.

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

We are both 80 and are using Hemp Hearts for about 4 years regularly with wonderful results.

A morning without Hemp Hearts is no morning.

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:

Improvement in mood and energy.

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

I know I feel a lot better on this product.

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Please describe your experiences regarding energy and Hemp Hearts:

At 57 yrs. old a menopausal, hemp hearts sustain energy & reduces highs & lows, & swings of energy. This is the best part for me.