

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 started using hemp hearts in Jan. 06. I was experiencing low energy & my breakfast wasn't carrying me through the morning. I am retired and enjoy exercising more frequently since using Hemp Hearts.

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:

Usually I use about 3 tablespoons in the morning and I find that I am ready for lunch. In the mornings I work out & then generally do a 4 mile walk so I don't expect this to be enough to curb hunger.

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 find I get a steady energy flow for 5-6 hrs and tend to eat properly throughout the day.

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:

That's true I have H.H. on my porridge or yogurt at 9AM. ready to eat at 4pm. I found that I did more things.

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 believe in three meals and 2 snacks a day plus exercise.

Hemp Hearts have curbed my sugar cravings, kept my energy up, and helped me maintain a good weight.

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Please describe your weight control experiences with Hemp Hearts:

Since I have eating Hemp Hearts my weight has stayed the same in about 115 lbs. I have lots of energy and never hungry.

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 lots of energy all day and I never feel tired. I would suggest Hemp Hearts for people that are overweight.

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:

Have a lot more energy, also have no craving for sweets and less starches