

8 Nov F29 0007

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 82 yrs young. Have been using hemp hearts for many years. Super food in my life. Do own work around house and garden.

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:

With Hemp hearts, I always have energy. I walk 5-8 kms daily, shovel snow & have a garden. On our 2 trips to Holland and Victoria, B.C. we took along Hemp heart bars (with same result.) I eat well, sleep well and always have enough energy to enjoy my retirement.

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

I am a 70 year old female and have been using Hemp Hearts for approximately 3 years - I feel much better, more energy, even my hair is much better! Oh by the way I am a short person with *Pseudo gonorrhea imperfecta fragilis*.

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

I am seventy-two years old and have been taking Hemp Hearts for eighteen months and find it gives me extra energy.

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:

Hemp hearts are an important part of my diet to help manage my MS. They give me the extra protein & help with my energy level. Hemp hearts add healthy calories to help me, maintain a healthy weight. Before hemp hearts it was very difficult to keep my weight high enough.

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 use it with oatmeal every morning and never lack energy. Being in my late 70's - I feel as if I am in my 50's -

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Please describe your experiences regarding energy and Hemp Hearts:

Lots of energy for a man 73 yrs. old.

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 am controlling my weight, I am not obese so I do eat a lunch but hemp hearts help energy - charger until lunch. I am a busy mom who needs <sup>this</sup> extra energy.