

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 eaten the natural food product, Hemp Hearts for 5 years. I am a business owner, who could not easily return to my company after a 5 year leave to care for a critically ill son. He died in 2003. I am not sure I would have had the physical stamina to rejoin my life and my career had it not been for the energy I get from 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:

When I began eating hemp hearts, my cravings were immediately eliminated. For a while I still drove through the drive through window at my local Tim Hortons for a coffee and donut, however after one bite of a donught I would throw it out. Now I drive past Tim Hortons, or if I do go in it is for a small coffee.

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 found my energy level has risen since I started eating hemp hearts for breakfast. At work I notice I am able to keep up with the younger generation and still have energy to learn.

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:

Being a morning person, I appreciate having energy during the day, but find myself slowing down in late afternoon.

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:

For someone over 65 I do pretty good in the energy department. I exercise 1 1/2 hrs. in the a.m. 4-5 times a week & also take the dog for a walk 45-60 min. Plus I work in garden, yard & house etc, etc.

Type II Diabetes

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:

I am using Hemp Hearts as an integral part of my health management plan it's hard to assess all benefits but for sure digestion, bowel movements and energy are improved with hemp hearts

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Please describe your experiences regarding energy and Hemp Hearts:

I have an overabundance of energy - I am not overweight and never have been. I'm 4' 10" and a little under 90 lbs. People tell me I should slow down but I enjoy keeping busy and if I have the energy I'll keep moving. I sleep so well and wake up refreshed. (I'm 76 yrs. old)

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Please describe your experiences regarding energy and Hemp Hearts:

Yes I have more energy therefore walk more and longer several times a day. I feel good.