

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:

we eat hemp hearts nearly every morning and find that we are not really hungry by lunch time. we put in 10-12 hr. days and they maintain our energy.

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:

energy and not being hungry, but we didn't use it for weight loss.

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 them regularly every morning and I can work through lunch time till mid afternoon.

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:

Using hemp hearts helps me feel satisfied & energized in the morning, without having to eat a lot for breakfast.

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

I have lots of energy and have noticed that I don't have pain in joints as a rule.

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:

about 7 years

I am 84 yrs of age.

feel health benefits:
more regular elimination
more energy

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

We did not have any of those issues but have noticed a marked improvement in our health & energy levels.

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 was introduced to hemp hearts about 4 years ago when my digestive system did not respond well. As I knew the benefits of high protein diet, I chose to continue buying hemp hearts as it is helping me with my energy level & constipation.

I have introduced friends to the product & they have seen a bigger improvement on energy level.

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 do feel healthier & have more energy