

**We advise customers that Hemp Hearts should be eaten for breakfast with unblended raw fruit and vegetables (no fruit for diabetics) so that the long fibers in these foods will knit wastes together to ensure that individuals are not too loose, but that they clean out thoroughly. Please describe your experiences regarding digestive health and Hemp Hearts:**

We put 4 heaping tablespoons full of Hemp Hearts on high fiber cereals in the morning. We consider our digestive health to be good.

Note that we stopped using Hemp Hearts for 1 month (February 2008) and noticed major changes in overall energy (especially in the mornings) and being regular. We started using Hemp Hearts in March 2008 and feel much better.

**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 feel fantastic till about late in the afternoon, but then I am 76 and very active.

**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:**

Lot more energy

**We claim that those who use Hemp Hearts in quantity every morning with long fiber foods, who minimize their weight by avoiding sugar, starches and processed foods, inevitably notice improved tissue health—reduced tissue inflammation and improved tissue elasticity. Please describe any external changes experienced with respect to skin and hair conditions:**

I definitely feel like superman after one of my power drinks with Hemp hearts. They taste so excellent as well, a great nut substitute for those with nut allergies

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 a very active sports lady (54 yrs) + have been taking the Hemp Hearts for ab. 2 yrs in my morning smoothie. I get great energy out of it.

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Please describe your experiences regarding energy and Hemp Hearts:

My energy level is definitely higher.

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Please describe your experiences regarding energy and Hemp Hearts:

I do feel I am able to progress through the day with plenty of energy + require less food.

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Please describe your experiences regarding energy and Hemp Hearts:

at first I noticed my energy level being better. Now I think I'm used to them and don't notice it as much.