

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 CAREER WOMAN WHO DOES NOT ALWAYS HAVE TIME TO EAT PROPERLY BUT SINCE I STARTED EATING HEMP HEARTS WITH YOGURT + FRUIT IN THE MORNINGS I HAVE MORE ENERGY - FEEL FULL AND CAN CONTINUE MY DAY WITHOUT FEELING TIRED + WEAK I ENJOY A SALAD OR WRAP FOR LUNCH AND AM SATISFIED UNTIL DINNER TIME. IT ALSO HAS REGULATED ME.

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 good on this product &
don't lack energy

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:

A two egg omelette + toast still leave me hungry by lunch time. Hemp Hearts with fruit keep me going all day with an even level of energy as well as mental clarity

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:

Above is true and I have lots of energy and am "regular"

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:

My energy is constant and ~~to~~ I feel so good all day long and into the evening evening.

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:

TONS of energy Seldom tired. I workout almost every day for 1 1/2 - 2 hours do the 60k career walk -- and more!

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 eat healthy + as well as I can to give my body the health + nutrition it needs. When I discovered Hemp Hearts in 2003 I knew it was the food I needed to give me the energy I needed throughout my day.

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 have recommended Hemp hearts to others who have noticed improved energy & good health since taking them!