

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:

We have been using your wonderful Hemp Hearts for many years. We put them into everything and feel the power they contain, thank you for producing such a fine product to help us gain health and wellness.

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:

Same as above.

I feel better - have more energy - my weight is great - will give oral reply if needed.

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:

The increase in energy I did experience right from the start. I am also finding myself more refreshed and ready to go upon waking in the morning and even frequently awaken before my alarm.

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 don't have a weight problem, I use the hearts for energy & regularity.

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 81 yrs old and since using Hemp Hearts for at least 3 yrs. I feel very healthy and youthful; compared to how I used to feel sluggish and tired. I need them every day. When I don't or miss a few days, I suffer from bowel problems.

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:

you're right hemp hearts
have all the right stuff
to give you energy I'm 125 lbs
5 foot 4 62 years old & feel great

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:

As an active senior who loves to dance, I'm
able to be more active for longer during each
day

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 don't take hemp hearts for weight control. I take them for the energy it gives me, the feeling of well being and the taste!