

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've used Hemp Hearts for about 5 yrs. I noticed much more energy, am less hungry during the day and feel I'm getting good quality protein. I'm 69 yrs. of age, going on 49. My 50 yr. old sons feel like they are my brothers, not sons.

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:

MY SUGAR LEVELS ARE MUCH LOWER BEFORE AND AFTER MEALS. I EAT LESS, I CRAVE SWEETS MUCH LESSER I'VE GOT LOTS OF ENERGY AND I USE LESS PILLS THAN BEFORE

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 don't eat five heaping tablespoons of Hemp Hearts each morning, but I eat two of them. It gives me a great start in the morning. I mix them with flax and sesame seeds and fruits. I have lots of energy and don't feel hungry for next 5 hours.

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:

Hemp Hearts, when eaten with less than 25g of carbohydrates in a sitting, will provide long lasting energy and will suppress appetite ~ in my personal experiences

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Please describe your experience regarding hunger and Hemp Hearts:

I have hypoglycemia + need to eat protein for breakfast. I got tired of eating eggs + meat so switched to h.h. when a friend gave me a sample. I make my own yogurt + put 1/3 c of h.h. / little granola + sometimes fruit + that keeps me going for 5 hours. Before, if I ate oatmeal alone - I'd be hungry + shaky within one hour but if I put 1/3 c. of h.h. in the oatmeal - it keeps me going for 5 hrs. I don't like snacking so I'm really pleased w/ h.h.

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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:

Since using hemp hearts I find I have more energy during the day, am not hungry mid-morning (my breakfast has stayed the same with only the addition of the hemp hearts. I seem to have a "well being" more constantly.

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Please describe yourself and the length of time that you have been using Hemp Hearts:

I have been using hemp hearts approximately 2 years. My job is demanding. When I use hemp hearts at breakfast, the energy I get keeps me going till noon + I don't feel hungry or crave anything (ex: coffee with sugar / donuts at work).

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Please describe your experience regarding hunger and Hemp Hearts:

LESS HUNGRY  
MORE ENERGY

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