

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:

For sure! If I forget to take it, I feel sluggish.

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 EAT OURS WITH yogurt in morning, and has helped both of us. EAT LESS, great for digestion, slow burning energy, Regular

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yes I have more energy for the whole day. my husband had had trouble with plugged bowels + now he is fine. we both have more energy + better bowel control.

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Please describe your experiences regarding energy and Hemp Hearts:

Hemp Hearts give me sufficient energy until evening. I believe that I'm 5'10" tall + weight 185 lbs. I do physical work every day I'm a (Woodsmen/Lumber-jack) F0201

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 am not diabetic but if anyone doesn't eat right they can develop diabetes and a lot of other things. I have a  $\frac{2}{3}$  blocked artery in my heart - but have not had trouble since taking Hemp hearts - the Dr would have to put me through the test to see - if it is better - But I Feel Better. I will talk to My Dr. about it when He checks me again, People are amazed at our Busy life + energy!!!

The introduction of Hemp Hearts into our daily diet has been extremely helpful in curbing hunger pangs between meals. Our balanced meals are now considerably down sized with no loss of energy. Our bodily functions have never been better. We can't ask for much more.

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 love it with my salads and also with papaya usually in the morning, but I also snack also in the afternoon. It gets rid of hunger and keeps me energized through the afternoon.

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 80 yrs old Now & have taken Hemp Hearts FOR 6 years or more. It has Changed my life - more energy & Bowel Function is great. I USE it when traveling for energy + Not having to stop & grab Junk food to snack on as it is hard to get good food in a hurry. I am a health care person & have passed this food to many people & they've sold on it & pass it onto their children & relatives.