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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 53 year old male. I've had an heart attack a few years ago and have been using hemp hearts approximately 6 months, for more energy, and stamina.

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:

Yes it certainly helps you have that extra stamina to take you through the day, you also don't eat as much as you used too.

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:

Yes this is true, it's just something that seems to regenerate energy into the evening.

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:

Yes, my stool softened up and eliminated 2x's normally etc. as than used too.

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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 it this way for weight loss but I am sure it would definitely work well this way, you tend to not hunger for starches as much.

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:

Possibly heal quicker of a cut on hand etc.

Please describe any internal changes experienced relative to pain and tissue inflammation:

My stool is a lighter color and softer.
My stomach felt better.

Please describe changes to blood pressure indicative of changes in the elasticity of arteries:

If arteries are supple blood flow would change with pulsations.

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:

Doesn't apply to me, but a friend I worked with was an uncontrolled diabetic and when he started using Hemp Hearts his numbers were considerably better and in control easier of his diabetes.