

17A

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 ate hemp hearts during the summer of 2007 and started again in February of 2008. I have been eating hemp hearts on average 6 days per week since then.

I eat small amounts of meat because I have difficulty chewing tough meat and I never eat fish of any kind.

Hemp hearts are an important part of my protein & omega fat intake

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 eat light and healthy meals at lunch and stay away from excess amounts of starches.

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 levels are excellent throughout the day and I find I get less tired by mid afternoon. Something that used to happen often before.

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:

Previous to eating hemp hearts daily I used to get an upset stomach every second day and sometimes daily. I found the hemp hearts combined in a fruit shake with raw vegetables and cheese everyday keeps my stomach settled.

17B

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:

When I restrict my food intake to salads or vegetables at lunch and the same in the evening I have found that I will lose about one pound every two to three days. If I add extra exercise to my day I can lose about one pound per day.

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:

I have not noticed any specific changes with regard to skin or hair.

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

I have not noticed anything specific other than what I stated earlier.

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

Blood pressure was higher and I have reduced it to pretty much normal.

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 not had any specific health issues however I have had many stressful events over the last year and a half and am thankful for the nutritional balance I receive from eating hemp hearts.