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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 47 year old male & have been eating hemp hearts for approximately 6 years

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 find when eating hemp hearts, my hunger is less. Recently I travelled and did not take hemp hearts for breakfast. I had hunger pains much earlier in the day than when I did eat hemp hearts.

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 level is excellent all day (and early evening) when I eat hemp hearts.

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:**

My digestive health has been excellent with hemp hearts. I use them in both hot and cold cereals, with and without fruit.

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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 am not actively dieting but have lost 6 lbs in the past 2 months.

I have found no weight gain by eating hemp hearts.

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:

My skin condition is excellent for my age.

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

No pain or tissue inflammation.

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

My blood pressure has been in the proper range for years.

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. My health has been excellent. Hemp hearts are an integral part of my diet.