

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 75-year-old woman who has made hemp hearts an integral part of my nutrition for 5 years. I am extremely active, helping my elderly friends with their housework and shopping as well as doing all my own.

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 add $\frac{1}{3}$ cup of hemp hearts to my oatmeal porridge each morning; sometimes alternate with fruit and plain yogurt. I can go till two or three o'clock in the afternoon without eating again - just have lots of water.

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 the envy of my friends and the family - people say they don't know how I keep up - where do you get your energy from and I tell them from 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 whole life I experienced problems with constipation and bloating. The 5 tbsps hemp hearts every morning has definitely solved this problem.

28B

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:

Although I have not followed this regime on a regular basis, my weight here stabilized at a normal level for my height and bone structure.

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 is not dry and flakey and I have no dandruff. People do not believe I am 75.

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

Less gas and bloating which I used to experience.

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

I have no blood pressure problems so cannot describe changes - It's quite possible hemp hearts contributes to the maintenance of existing elasticity.

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:

Not applicable. I have no serious health conditions.