

I HAVE NEVER BEEN SO EXCITED ABOUT A SUPPLEMENT  
FOOD IN YEARS - I'M PUMPED! SB.

32A

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:

IT HAS BEEN AN EXCELLENT SOURCE OF PROTEIN, OMEGA FATS (3, 6, 9) AND GIVES ME A GREAT BOOST OF ENERGY SO MUCH SO, THAT I HAVE REPLACED ~~THE~~ SOME OF MY SUPPLEMENTS WITH THIS FRESH SOURCE. I HAVE BEEN USING HEMP HEARTS FOR ABOUT 2 MONTHS - GOOD RESULTS BY 2 WEEKS

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:

ALTHOUGH I DO FOLLOW THE REGIMEN YOU DESCRIBE, I STILL EAT SOMETHING FOR LUNCH HOWEVER IT'S PARTLY HABIT ~~&~~ AND I EAT LESS DURING THE DAY, ALSO, NOT AS HUNGRY IN THE EVENING.

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 IS WAY BETTER - AMAZINGLY SO; HOWEVER SOME TIMES IT DOES GO DOWN IN LATER AFTERNOON (ALTHOUGH MORE AND MORE RARE EVEN IF I HAVEN'T SLEPT ENOUGH THE NIGHT 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:

FOR CONVENIENCE SAKE I PUT HEMP HEARTS IN MY SMOOTHIES IN THE A.M. AND THE RESULTS ARE NOT TOO LOOSE AT ALL. GREATER DIGESTION MORE REGULARITY, AND YES - 2-4 TIMES BOWEL EVACUATION / DAY

32B

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:

MAINTAINING MY WEIGHT - I DON'T FOLLOW THE ABOVE REGIMEN. I BELIEVE I WOULD LOSE WEIGHT IF I DID.

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~~ SKIN IS MUCH HEALTHIER; I NOTICED THE EFFECTS AFTER 2 WEEKS

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

REDUCED PAIN IN BACK; MY STRETCHING REGIMEN IS NOT AS ACUTELY NEEDED

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

HAS NEVER BEEN AN ISSUE, BUT MY STRESS LEVELS ARE REDUCED BECAUSE I GENERALLY FEEL BETTER, MY BODY IS MORE AT EASE

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: