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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 69 years old & have been using hemp hearts daily for & estimate 10 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 have hemp hearts for breakfast & that is usually at 8 AM & I am not hungry or do I feel hunger pangs until 1 pm.

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:

I go to the gym at 5 AM 5 x per week & work out for 1 1/2 hours sometimes longer, followed by twice a week attending to my 1 1/2 & 3 year old grandchildren & taking them to day care & then put in a full day tending to our large home - yes indeed I have energy.

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:

I have a B D + hemp hearts have helped with regularity

38B

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 keep my weight constant w/ 125-128 lbs for my 5' 3" frame.

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 no problems with skin or hair - both healthy with few wrinkles & comments by others that I do not look my age.

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

I have OIA of hands & feet & only resort to medication for a short period of time in the winter.

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

I have normal BP. I had ultra sound of major arteries June 2008 - all 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:

NIL.