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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 45 years old male and I have been using hemp hearts for almost 2 years. I am slightly overweight with high cholesterol levels, after using hemp hearts I have lost 15 pounds and my cholesterol is at a normal level. I live in Richmond Hill, Ont Canada.

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 4 tablespoons of hemp hearts in the morning around 7am and I do not feel hungry until 2 or 3 in the afternoon.

It certainly reduced by hunger pangs. I would be hungry at noon if I didn't take the 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:

I feel I have more energy when I eat hemp hearts compared to the days I do not take them.

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:

This product is very helpful in maintaining a consistent digestive health. ~~in~~
Basically "it keeps me regular."

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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 lost 15 pounds on hemp hearts and maintain a regular weight now. ~~I eat~~ I eat ^{all} other foods without counting calories and do not gain any more weight.

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:

Not aware of any

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

Not aware of any

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

My blood pressure is good and my cholesterol levels have decreased to a normal level while taking hemp hearts

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:

N/A