

50 A

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:

My family suffers from heart problems linked to ~~the~~ high blood cholesterol. To balance "lower" the "Bad" cholesterol - we have to consume more foods with Good cholesterol - I have been using

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:

using hemp hearts since 2000 -- It does build up the "good" cholesterol - Every morning or at lunch time I consume four to five heaping spoons of hemp - It gives me energy for

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:

hours. They are easy to digest and they taste nice to / Animal proteins tend to make me sleepy not hemp hearts - allowing me to do my work days without tiring so

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:

much / I actually spread them on applesauce (unsweetened) or over toast covered with olive oil. also nice on jaws!

50B

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 50 years young and never had any weight problems but I am certain that for those who do they are the perfect lean food.

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 problem that way - good genetics and hemp hearts - I suppose -

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

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

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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:

See other side of the page.

Re: High blood cholesterol limits the kind of foods I can eat. Hemp hearts are perfect