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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 a middle-aged female in good health.
I have been using hemp hearts for over one year.

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 make a protein shake ^(with hemp hearts in it) every morning for myself + my two teenaged daughters. We have all found that on the days we don't have the hemp hearts we are all hungry before lunch. For myself it is usually 5 hours before I get a chance to eat + I am not hungry at all.

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 find that my energy level is a constant. Staying good with no drops (or low energy) when I use the 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:

I mix my hemp hearts with total or protein powder, banana + strawberries with milk for a shake. If I only have time for cereal I always sprinkle hearts on top. This seems much more filling.

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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:

My weight stays consistent so I have not used the hearts as a part of a weight loss program.

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 can not say I have noticed any change.

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

I have osteoarthritis in my knee + find I experience far less pain when I'm taking hemp hearts.

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

none that I'm aware of.

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