

66A

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've used Hemp hearts for about 5 yrs. I noticed much more energy, am less hungry during the day and feel I'm getting good quality protein. I'm 69 yrs. of age, going on 49. My 50 yr. old sons look like they are my brothers, not sons.

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:

Exactly right.

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 certainly have good energy. I'm 69 yrs. of age + can still work 12 hr. days during tax seasons in our accounting business. I have positive comments from many clients & friends.

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 make a protein shake with Hemp each morning & it's so satisfying. It gives me that stick-to-your-ribs feeling & keeps my bowels moving.

66B

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 haven't tried this yet.

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 hair and skin are beautiful + my nails grow for the first time in my life. Someone guessed my age to be in the mid-50's the other day. I am 69!!

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

?

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

I had a complete physical last month first time in 26 yrs. The Dr. was very impressed with my results - all results were that of a 40 yr. old. They even sent me for a second stress test because they couldn't believe the first one!

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:

I'm not diabetic so no comment!