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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 an active 64 year old female who started using hemp hearts while attending Boot Camp several years ago to ensure a protein source when eating cereals (both hot & cold)

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 4-5 heaping tablespoons with my oatmeal in the morning, and in spite of heavy exercise, can easily avoid food intake until lunchtime. In addition, I don't crave carbohydrates. I've lost about 17 lbs.

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:

In my view there are few other healthy ways to get this type of protein in the morning. Few other proteins carry you through the day and it would be VERY disappointing if

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:

My experience is exactly as described.

is important not to have excess to them.

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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:

That has been my experience,

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 agree with this claim based on my own experience.

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

I have a chronic blood dyscrasia, a condition I've had for 16 years but I have never required treatment. Why? I can only contribute it to my healthy diet & exercise.

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

I haven't had any measurable changes.

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:

Many of my friends use hemp hearts. They are all now healthier as they move into their