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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 retired very active woman at ideal weight. Hemp hearts have been part of my daily diet for five years. I use them on cereal, added to baking (ie) bread, muffins, pancakes, topping for casseroles

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:

Hemp Hearts are a great enhancement to oatmeal to insure lack of hunger until the noon meal. I believe in eating reg meals 3x/day. I also add (ground) Flax seed.

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 have great energy until evening. I believe it is because I eat mainly grains, protein, fruits + veggies + hemp hearts + Flax. I also exercise daily. It's the combination that makes the day great.

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 digestive health has never been better than what it is now with this routine + being retired. Everything works great.

As a nurse, I've recommended this routine to many folks.

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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:

No weight control issues. Have not tried.

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:

Your claim makes good sense for everyone.
My skin & hair remain youthful - no problems

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

No pain of constipation
Good diet satisfaction

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

Don't know - Have used meds for hypertension prior to taking hemp hearts & continue to do so.

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:

Hemp hearts have been very beneficial for prevention of diverticulitis & Colitis flares.
No medication required