

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:

The energy was the part I liked best. I can't believe how good it feels to do something so easy and have such good results. And it tastes good too.

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 have been taking Hemp Hearts every morning for almost the last 4 yrs. and if I miss taking it for one day. I can tell the difference in how I feel.

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 feel great and a lots of energy.

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 in diet do seem to improve blood sugar levels - stabilize - at least I feel better! And have energy longer. Sometimes have hemp hearts anytime - when I need a boost. Eat with flax & honey or home-made jam. Good stuff!
THU 11 10 " and rephrasing for grains I had I must eat!

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 60 YEARS OLD AND I HAVE BEEN USING HEMP HEARTS FOR 2 YEARS. MY BODY FAT HAS DECREASED & MUSCLE MASS INCREASED. FRIENDS & FAMILY HAVE ~~REMARKED~~ COMPLIMENTED ME ON THE BODY'S DIFFERENT LOOK.

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:

When I began eating hemp hearts in March, I also began a 600 calorie, 50g fat, 200g carb, 60-100g protein a-day diet including that with regular exercise I have lost 35 lbs & 18 inches (it is now Sept.) I am continuing this diet for life & plan to continue eating hemp hearts ^{every day!}

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 69 Year old overweight Person, that constantly has to fight with Weight Problems. I use Hemp Hearts for the last 5 Years and like the Nourishment and the well feeling Hemp Hearts creates.

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

NO PAIN OR INFLAMMATION.
JUST A SENSE OF GOOD FEELING