

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'M VERY ACTIVE & MY DAY IS FULL ON FROM 6 AM - 12 P.M. MIDNIGHT. I FEEL GREAT ALL DAY!

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:

HAS HELPED ME REMAIN HEALTHY,  
ACTIVE, AND HAPPY

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:

Feel good!

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 USING HEMP HEARTS AND OIL FOR 3-4 YEARS. IT HAS CAUSED ME TO BE VITAL AND HEALTHY. A RECENT COMPLETE MEDICAL CHECK LEFT ME WITH A DOCTOR'S DIAGNOSIS WITH THE BODY OF A 40-ish YEAR OLD. ... I AM 60 YEARS

60035

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:

Hemp Hearts keep me "regular" and I am never constipated. For me it is the best source of fibre. It just makes me feel better.

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:

My general health seems to be better. I stopped taking HH the first time I tried it & found my general feeling went down so I started taking HH again & feel much better for it.

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 have noticed an increase flexibility & general overall better feeling.

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:

THIS IS TRUE - MY DIGESTIVE SYSTEM IS WORKING WELL AND I FEEL BETTER ALL AROUND