

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 64 YEARS OLD (YOUNG) FEMALE AND I HAVE BEEN USING HEMP HEARTS FOR ABOUT 6+ YEARS. I FOUND IT TO BE JUST SHORT OF PERFECT FOOD, SINCE IT SUSTAINS, ADDS & IMPROVES GOOD HEALTH. AND I AM A PROOF!

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Please describe yourself and the length of time that you have been using Hemp Hearts:

I am 75 yrs. old, use it, have used it, will use it. Feel much better overall!

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:

For using Hemp Hearts feel good.

And no serious health condition

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:

For me the greatest benefit of eating Hemp Hearts is that I can clean out regularly + completely which makes me feel healthier.

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My gut feeling is that Hemp Hearts is a good and highly nutritious food

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 like an "Energizer" bunny, with lots of energy all day. I do believe hemp hearts is a whole food & very beneficial to my overall health & well-being & endorse this product.

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yes I would agree with the above statement my energy levels are good. I work at home doing massage (mostly evenings) and also at a friends' spa. I am grateful for the energy that AHearts give me.

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Since taking Hemp Heart daily I feel much better and have lots of energy for an 89 year old gentleman!