

2. 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:

I have never just had Hemp Hearts and avoided calories until evening. I do find I don't crave junk when I take them and feel really good.

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:

Since taking Hemp Hearts I usually have 2-3 bowel movements daily & feel that everything is working well.

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

My doctor says for me to continue saving money since I'm going to live to a ripe old age. What more can I say!!!

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 can not say there are external changes other than positive full-good appearance.

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 for about 5 years. I am 88 years of age and have more energy than anyone I know my age. My energy includes walking a mile a day. Living in my own home. Thank you for hemp hearts.

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 immediately noticed an increase in energy when taking Hemp Hearts. I exercise more now - Yoga - 1hr/daily, Walking 2 1/2 hrs daily. Feel great!

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Please describe your weight control experiences with Hemp Hearts:

I don't take hemp hearts for weight control. I take them for the energy it gives me, the feeling of well being and the taste!

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:

Same as above.

I feel better - have more energy - my weight is great - will give oral reply if needed.