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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:

My weight no longer fluctuates  
I am no longer constipated.

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

I NO LONGER SEEM TO SUFFER GAS PAINS +  
CONSTIPATION OR DIARRHEA

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:

DEFINITELY HAS IMPROVED REGULARITY & COMFORT.

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Please describe your experiences regarding digestive health and Hemp Hearts:

This claim is accurate.

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 4 years.  
They give me the energy I need for a very demanding job.  
Also use them for my digestive & bowel problems.

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:

Sjogren's Syndrome - a serious, cross over auto immune disease. Hemp hearts each morning appear to give me more energy than if I don't have it on my cereal. Also help w/ bowels & quite possibly w/ some of the

general body pain & inflammation

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I have used Hemp Hearts regularly over a year with great results. Sleep better energy and always regular.

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:

A natural clean out thoroughly.