

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 was introduced to hemp hearts about 4 years ago when my digestive system did not respond well. As I knew the benefits of high protein diet, I chose to continue buying hemp hearts as it is helping me with my energy level & constipation. I have introduced friends to the product & they have seen a bigger improvement on energy level.

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

about 7 years

I am 84 yrs of age.

feel health benefits:  
more regular elimination  
more energy

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 am not taking this for weight loss, I like how I feel & my regularity & it also keeps my weight stable.

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:

I feel hemp hearts are an essential part of my nutrition & are doing me more good & keeping me in a healthy state. The constipation issue is the only absolute change I have noted. I recommend Hemp Hearts constantly & give away as much as I consume.

H0075

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:

IT HAS DEFINITELY REGULATED MY DIGESTION.  
IT IS GREAT TO BE REGULAR. MOST OF MY  
LIFE THIS HAS BEEN A PROBLEM. IT IS HARD  
TO BELIEVE THE DIFFERENCE. IT MAKES

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

Been taking H.H. for 3 yrs.  
Constipated all my life. Hemphearts  
have been my answer. I have B.M.'s every  
day with no struggle - - what a new lease  
on life for me - - - Thank you -

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Please describe your experiences regarding digestive health and Hemp Hearts:

I EXPERIENCED SOME LOOSE STOOL & GAS IF I ATE A LOT OF STARCHY FOODS -  
BY CUTTING BACK ON STARCHY BREADS & EATING MORE FRUIT & VEGETABLES,  
THE DIFFICULTIES WITH GAS & LOOSE STOOL IS ALMOST ELIMINATED. I HAVE  
FOUND HEMP HEARTS DEFINATELY AIDS IN REGULAR ELIMINATION

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Please describe your experiences regarding digestive health and Hemp Hearts:

I find Hemp hearts easy to digest, they keep me  
regular, my body likes them.