

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'm 76 yrs old and have type 2 diabetes.
Am now on my third case of 9 containers.
I find it very beneficial.

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:

— FANTASTIC RESULTS —
— " —

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Type 2 diabetic Hemp Hearts able to adjust to
different diet easier and able to stay on it
without the run down feeling at end of day.

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:

Being diabetic, energy comes at a premium. The body is looking for "Nutrition" as you say in your literature and we often succumb to fast foods like grains. Grains have nothing in them. They are an urban environment's solution to starvation prevention, but have no nutritional value. Hemp Seed is great for the diabetic and the protein doesn't elevate cholesterol.

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Hemp Hearts keep my blood pressure normal and my pre-diabetic condition stable.

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I am diagnosed with Metabolic Syndrome, pre-diabetes. I don't take medication

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I HAVE A FRIEND WHO IS DIABETIC. HE HAS BEEN USING HEMP HEARTS FOR ABOUT 3 MONTHS HE HAS DEFINITELY NOTICED A DIFFERENCE

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My husband has reduced his insulin intake substantially since adding hemp hearts to his diet.