

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 58 yr. old woman who has been using Hemp Hearts for the last 2 years. I love them for breakfast. I have lost weight & got off cholesterol medication. I eat a tsp of hemp hearts in the late afternoon, if -

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:

Hemp Hearts are Great for helping to lower cholesterol.

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

I am 79 & golf 3 times a week - my main health problem has been high cholesterol & since I've been on steady diet of Hemp Hearts I test perfect for my age -

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

My wife and I have been using hemp hearts since 2003, I am 73 years old and have a cholesterol problem and these help control my cholesterol count. I have 3 lbs. of hemp hearts with my cereal in the morning and can nicely go to dinner without food.

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I got off cholesterol medication after one month of 5 tbsp. Hemp Hearts for breakfast.

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

My cholesterol count had improved greatly.

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

My blood pressure has been staying the same for awhile now, but it certainly has helped dropped my triglycerides.

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

I am a senior lady, who has been taking HempHearts for approx 5 years to help keep my cholesterol at a healthy level, which it has done. No pills needed.

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

wonderful for cholesterol levels