

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

*Finding this excellent source of vegetable protein was a fantastic discovery for me because it allowed to me virtually eliminate my consumption of meat products. Now I depend on Hemp Hearts for my almost total source of protein and even eating only two or three heaping tablespoons of Hemp Hearts with my cereal or green smoothie each morning gives me the energy to go throughout the day without feeling hungry.*

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:

*yes these hemp hearts do keep control my weight however my husband insists on meat at dinner - however my need to eat much meat has diminished.*

2

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Please describe your weight control experiences with Hemp Hearts:

*I maintain a healthy, stable weight without counting calories on a vegetarian diet with hemp hearts daily.*

2

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Please describe your weight control experiences with Hemp Hearts:

*I have not attempted this "diet" as yet but feel confident it would work. Because of the satisfied feeling, hunger is put off until later in the day & then eating lightly would allow one to lose weight. I am a vegetarian eat pretty well - have not had any weight gain - but could lose a few lbs.*

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 69 years old. I am a celiac plus have many additional food allergies & sensitivities. My body tolerates a food or a herb for awhile & then decides not to. Example - at one time I didn't tolerate rice but now can eat it again. During that time I ate soy & soy products - now don't tolerate it at all. So far I can eat hemp hearts & have been doing so for almost 2 years.

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:

Improved thyroid function

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:

on light training days it find you are right on heavy training days I need more rest time.

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

I am 76 years & have eaten Hemp Hearts purchased from R. Snow, Alberta for 7 years & have taken 5 dessert spoons (heaped) every morning. I take walks daily with 2 Big Weimaraner dogs for 1 1/2 hours each day. I am a veggie & very healthy, work my own flower & vegetable garden. I believe in the Hemp Hearts & Oil for my health.