

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:

I have put my elderly Mother on hemp hearts. She has a poor appetite and I am satisfied that she is getting enough protein with fiber to keep her digestive process working.

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 a 35 yr. old woman. Very active triathlete. I have been using hemp hearts for 1 yr.

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:

Female, 65+ and have been using Hemp Hearts for 2+ years. I am in excellent health. Vegetarian. Professional - hold a Master's degree in Administration. I am impressed w/ H. Hearts & hope never to be without them.

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: I used to suffer from lack of protein & fiber due to my gluten-free diet, however the protein & fiber content in Hemp Hearts adequately supplies my needs. My breakfast consists of 5 tbsp. of Hemp Hearts mixed with non-fat yogurt & fresh fruit. I am not hungry through the morning, therefore I only eat a light lunch at noon.

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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:

My energy is good - also I've been on 2 medications for fluid retention for the past 20 yrs. I now find it necessary to discontinue one of the meds. as I get dehydrated - another plus for me!

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Please describe your experiences regarding digestive health and Hemp Hearts:

Hemp hearts have been an easy way to add protein & fiber to my diet. They are a high energy food, that helps alot in managing my MS. I plan to continue to consume hemp hearts to help me manage my MS symptoms.

We claim that those who use Hemp Hearts in quantity every morning with long fiber foods, who minimize their weight by avoiding sugar, starches and processed foods, inevitably notice improved tissue health--reduced tissue inflammation and improved tissue elasticity.

Please describe any external changes experienced with respect to skin and hair conditions:

I suffer from fibromyalgia & my husband from Parkinsons; we have decreased muscle spasms & numbness since taking Hemp Hearts.

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:

As stated before, I have celiac disease & Hemp Hearts have been great for my diet due to bowel regularity, sufficient protein in my diet, sufficient fiber in my diet, my high level of energy as well as looking & feeling great.