

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:

MY WIFE AND I ARE IN OUR 50'S AND WE HAVE BEEN ENJOYING HEMP HEARTS FOR OVER 5 YEARS. ALSO, I NO LONGER NEED MY OMEGA FAT SUPPLEMENTS AS I GET THESE NOW FROM THIS PRODUCT.

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

59 yr. old Female / Fibromyalgia - approx. - using 2 yr. - Am vegetarian so use for protein

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:

CANCER THIS YR. SO AVOIDED HIGH GLYCEMIC FOODS, SUGAR & MADE HEMP HEARTS AN IMPORTANT ADDITION TO MY DIET

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

I am a 69 year old female  
Vegetarian  
Have been using Hemp Hearts since August/06

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

I have been using hemp hearts for over 2 years. I eat very little meat and I find these to be an excellent source of protein.

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Please describe your experiences with Hemp Hearts and any serious health condition:

When I had cancer & was going through <sup>chemo</sup> my brother started me on this to help me with good protein to keep up my energy & strength.  
I LOVE THIS STUFF!

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:

We are vegetarians and combine Hemp Hearts with other grains and we believe that with Hemp Hearts we meet our  $O_{2g}$  requirement, plus it is a balanced protein.

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 many problems digesting proteins but hemp hearts give me no problem at all. The fibre is excellent for regularity.