

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 have used hemp hearts for 2 years.
They supplement my low-meat diet very nicely.

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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.

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 eat 3 tbsps. of Hemp Hearts for breakfast mixed with 1/2 cup yogurt and approx. 1/2 cup fruit (strawberries, raspberries, blueberries, bananas, oranges - whatever I have available). As I am hypoglycemic I generally have to eat 6 or 7 times a day, however, since taking the Hemp Hearts I have noticed I can go without eating between meals with no problems with low blood sugar levels.

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Please describe your experience regarding hunger and Hemp Hearts:

Hemp hearts are amazing for providing a high level of protein ^{and energy}. I will sometimes take 2-3 tablespoons either for breakfast with fruit, plus an egg or 2. Or I will take the same 2-3 T. for a mid-afternoon snack, or at bedtime. I am hypoglycemic, so ^{high} protein snacks are very important ^{for me}. ~~off my blood glucose levels~~ ^{and} hemp hearts work well for me!

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Please describe your experience regarding hunger and Hemp Hearts:

I cannot eat wheat, dairy, or sugar, and I must eat frequent small meals. If I did not have my morning helping of hemp hearts I would be ravenous by noon — but I cannot go without lunch.

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

50+ EXTREMELY ACTIVE (DANCE + PILATES)
ORGANIC FOOD (NO BEEF) WITH CHICKEN +
YOGURT VEGGIES PWS, PWS. LIKE HUGE
PROTEIN SOURCE OF HEMP HEARTS. WHICH I
HAVE TAKEN DAILY A.M. FOR OVER TWO YEARS

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

One year or more. It is my main source of protein due to my body's inability to digest meat or dairy products.

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

- middle aged menopausal w food sensitivities (allergies) to dairy & wheat products
- been using hemp for 2 years