

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 BEGAN HEMP HEART USE 3 YEARS AGO. MY REASON FOR USING THE PRODUCT WAS TO REPLACE ANIMAL PROTEIN WITH A VEGAN OPTION. FINDING THIS SOURCE OF OMEGA 3-6-9 WAS A GREAT BONUS. I FIND THEM EASILY DIGESTIBLE

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:

DIGESTION + BOWEL MOVEMENT
HAVE IMPROVED (I HAVE I.B.S)

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 Omega 3 requirement, plus it is a balanced protein.

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:

Before I found Hemp Hearts, I was mildly hypoglycemic, and would be getting shaky by lunch time. Now I no longer shake, even when lunch is late. No refrigeration is required for storage, so Hemp Hearts go willingly with me in the car or the boat. There is no other pick-me-up as easy or as effective.

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

I am over 40, female, diagnosed w/ Type 1 diabetes in 2003. I discovered Hemp Hearts in approx 2006 when I began eating a live food vegan diet. I believe hemp hearts provide all the essential nutrients & vitamins that are normally missing in a vegan diet. They have been a miracle food, especially regarding undesired weight loss. I don't know what I would do without them in my daily diet - but I know my health and well-being would suffer greatly.

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

I was pleased to discover Hemp Hearts, at least 5 years ago and have eaten them ever since. I use several cases per year, and share them with friends.

A vegan (vegetarian), I am overjoyed to have this tasty source of protein as a change from the usual beans, tofu, peanut butter and nuts.

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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:

I don't control what I eat, or rather, how much I eat. All of what I eat is whole, organic and/or natural, minimally processed and free of preservatives and other chemical agents. Hemp hearts fall into this category. I have no weight issues, even after bearing 2 children.

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

Am a woman in mid sixties with a blood plasma cancer. I do not eat a lot of meat so am happy for protein from other sources. I have used Hemp Hearts on/off for 18 months