

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 using Hemp Hearts approximately two years ago as another source of grains because I have celiacs disease which eliminates wheat, barley, rye and oats from my diet. Hemp Hearts is a good source of protein as well. I use it only in the morning - 2 heaping tablespoons on my cold cereal, a banana ... and other fruit of choice.

**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 Crohn's disease and they help with my protein needs because meat is difficult for me to digest and hence difficult to get enough protein intake.

**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:**

My son has to eat a gluten free diet by incorporating h.h. in to his breakfast I know he is getting enough calories  
My daughter is hypoglycemic + by giving her 2-3 spoonfuls as soon as she gets out of bed it levels her blood sugar + keeps it level till breakfast when she gets more  
h.h. keeps both kids going till lunch.

**Please describe changes to blood pressure indicative of changes in the elasticity of arteries:**

BLOOD PRESSURE HAS DROPPED FROM AN AVERAGE OF ABOUT 145/80 TO 130/70 IN THE PAST 5 YEARS.  
DUE TO CHANGING MY LIFE STYLE TO VEGAN WHICH INCLUDES EATING HEMP HEARTS REGULARLY

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**Please describe your experience regarding hunger and Hemp Hearts:**

My autistic grandson refused all meats for years. We gave him hemp hearts as a protein supplement. He is a healthy big boy of 12 now & does eat a little meat.

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

Middle aged female professional; do not tolerate gluten, yeast, refined sugar. Have been using hemp hearts for about 4 months. Use about 1 container (1 lb) every 10 days to 2 weeks.

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

I'm female 15 year young. I eat very little meat so felt hemp hearts would add protein to my diet. I have used hemp hearts for about 2 years, I think.

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**Please describe your experience regarding hunger and Hemp Hearts:**

SINCE I AM BORDERLINE DIABETIC, I NEEDED TO CUT STARCHES OUT OF MY DIET. USING HEMP HEART FOR BREAKFAST, I NOW EAT ONLY A SMALL LUNCH WHILE STILL FEELING SATISFIED.