

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 am an active 37 yr. old female who, due to GI issues and migraines, has had to modify my diet to follow a vegan and gluten-free diet. Since I'm allergic to nuts and have issues in digesting cooked foods including legumes, hemp hearts have literally been a life-saver for me in terms of proteins and omega fats. I eat about 1/2c. - 1c. daily, whether in my breakfast shake, in my salads or in smoothies.

*I've been using Hm for about 2 years*

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:

Hemp hearts are very beneficial for those on special diets such as wheat + gluten free. Our child has a very sensitive digestive system + she can tolerate hemp and enjoys the taste.

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've used ~~the~~ hemp hearts for about 8 months. There are many foods I cannot eat due to sensitivity (ie wheat, milk etc). Also, with chronic candida, sugar is a no no. Hemp hearts are great - they taste wonderful. My bowel + I love them - no spasms as with other foods.

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 62 used hemp hearts for almost a year -

Male 62

Both of us have sugar sensitivities & This really helps regulate that.

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:

While I don't use 5 plus tablespoons of hemp hearts, I do find it filling because of the high protein content & fat content, making it a convenient vegetarian option.

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:

When I started doing energy work I was required to increase the amount of protein I consumed. H.H. was a great way to do that w/o causing the high calories foods like Power Bars. I don't digest meat very well so it was a great alternative.

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 definitely feel like superman after one of my power drinks with Hemp hearts. They taste so excellent as well. a great nut substitute for those with nut allergies