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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 am on a no sugar, no flour
3 meals a day regimen. The hemp hearts
keep me feeling satisfied until lunch

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'm a vegetarian who uses hemp hearts
with yogurt & fruit for breakfast. I've
used it for a year & will continue to
use it. I need protein in my lacto/ovo
diet.

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:

Chronic Appendicitis — that's what I've been enduring for the
past 6 yrs. The last 2 yrs, I've brought drastic changes to my diet
by becoming vegan (I was vegetarian for 20 yrs) and then eliminating
gluten from my diet and finally going to about 80% raw/20% cooked
foods. Without hemp hearts, I would have been hospitalized years ago.

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

I can not live a healthy
life without this product.
For people with wheat & gluten problems or
hypoglycemia this product is brilliant.

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

I have your product! I am 49 years old & can not tolerate grains, wheat etc, I rely on hemp hearts as my morning meal & as a great source of protein. I have used for

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:

1-year & will continue for ever. I got my mum on them & she loves them, too.

It controls my hunger because it helps to regulate my blood sugar. I have serious

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:

problems with hypoglycemia & it helps to keep it stable while giving me energy throughout the day.

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 a 58 year old female, working in environmental studies, mother of 3, practices yoga, healthy life activities - meditation, alternative healing practices, relaxation, organic farmer - have been using Hemp Hearts for past 5 years as protein source for I am a vegetarian for the past 20 years.