

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 had open heart surgery, and made changes to my diet. I now do not eat red meat and use this product to supplement my protein intake, and omega fats.

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I am a health and nutrition conscious person. I have allergies to gluten (all flours) and search for high quality foods in which to eat. This food has become essential in my diet to replace breakfast cereals.

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:

As mentioned above, hemp hearts have been one of the few sources of raw protein & omega fats I have been able to eat in the past year. I still suffer from GI issues - perhaps I will have a different story for you after my operation on June 10th to fix a kidney problem & to remove my appendix.

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:

We have found over the years that having Hemp hearts in our daughter's diet who suffers from Rett Syndrome, has improved her quality of life.

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I originally began purchasing the Hemp Hearts and More than a square meal bars for my son. He is a serious athlete in more than one sport and is only 15. Although I try very hard to feed him nutritious meals he does not like meat and, other than breakfast, is not a big eater. He prefers salad vegetables and fruit - fresh and dried. I was concerned for his protein intake (doesn't like rice either) as well as his overall calorie intake. He adds some Hemp Hearts to his cereal in the morning.

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 experiences regarding hunger and Hemp Hearts:

→ and will have  $\frac{1}{5}$  to  $\frac{1}{4}$  of a more than a square meal bar between school & sport training. He tried to eat  $\frac{1}{2}$  bar one time when he was very hungry and found ~~to~~ after  $\frac{1}{3}$  bar he was stuffed.

Most days he has sport training then school, then 1 sport, then another sport.

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:

→ because of the high energy/protein vs small quantity the More than a square meal bars have been extremely well received by him. They abate hunger and keep him going without having to try to ingest vast quantities of food then exercise when full.

Please describe any internal changes experienced relative to pain and tissue inflammation:

Hemp hearts are a staple for me since having my son. I can no longer digest meat or gluten, or fried foods. Including hemp hearts in my diet has boosted my level of protein, and is a food that I am confident will not cause digestive (intestinal) distress.