

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:

Consuming Hemp Hearts and avoiding sugars, starches and especially processed foods, keeps me healthy. My hair and skin also benefit from this wonderful food.

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 healthy, 63 year-old female. I have been using Hemp Hearts for about 8 months now. I have been a vegetarian since the mid 90's and a vegan since about 2002.

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:

Considering my age (26 1/2 yrs) I probably fall into the moderate or extremely category. I walk 6 kilometres in 50 minutes to 1hr 3 to 4 times per week. On the other days I work out (weight lifting in my home gym) for an hour. Without the hemp hearts on a daily basis I could not follow this conditioning program. (I am trying out for the Senior's Olympics in 2010 ☺).

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 hormone replacements & suffer from hypo thyroid. So weight is a challenge. I know this food helps me cut down on fatty food intake.

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

Ulrich Reinhart age 63 } We have been using Hemp Hearts 4-5 yrs.
Neil Reinhart age 74 } We sprinkle it on our fruit and/or
yogurt and/or cereal in the morning. Sometimes on salad
later in the day.
we are lact vegetarians and use it for the protein content
as well as the Omega fatty acids.

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

I am a Vegetarian & Feel that I do
not get enough protein & omega fats. I've
been using hemp hearts & feel that it's
providing me with the above. Been using for 4
years.

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:

none with diabetes.
I find that hemp hearts are an
effective method of celiac Disease
management.

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

I have been using hemp hearts for 1 1/2 years. I am 50yr old
female who farms for a living. Very active, very physical
work. I mix the hemp hearts with fruit and yogurt every
morning for breakfast. I take no medications, no aspirin etc.
I eat organic, raise most of our food. Never get sick, cold etc.