

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:

~~My weight has been pretty~~

I am 54 years old and lead a pretty healthy life, eating a lot of raw foods, very little animal protein and no dairy or processed foods. I have been eating $\frac{1}{4}$ C hemp hearts every day for approx 2 $\frac{1}{2}$ years. I work in a plant nursery.

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

I am a senior female with lupus arthritis. I have limited energy & mobility. A friend recommended Hemp Hearts. I have been using them for about 6 months.

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

I am a moderately active, middle aged, vegetarian woman. I have been consuming Hemp Hearts for the past few years, most days.

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

I do not use Hemp Hearts for weight loss. I had a brain tumor and lots of problems. Thanks to Hemp Hearts now I am not using those meds that I was to take for the rest of my life. Blood pressure has gone back to normal. I am feeling fine. THANK YOU

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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:

I consume five heaping tablespoons of Hemp Hearts with yogurt, fruits & nuts every morning for breakfast. This keeps my hunger in check and do not require more food until my evening meal. More importantly, it provided the essential protein required in a daily diet and especially if following a mostly vegetarian meal.

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 had a baby 9 months ago and found that after this baby I was able to lose the extra weight very steady & easily. My skin looks fine I never had a baby

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

I'm an athlete, mountain climber, and someone who pays close attention to what I eat. I try and eat nutritious and local food. I have been eating hemp seed for years now. They make a very nice addition to breakfast muesli or baking.

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:

Enough protein in my diet had been difficult (vegetarian) until I discovered hemp hearts. My digestive health is great.