

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 35 yr. old woman. Very active triathlete. I have been using hemp hearts for 1 yr.

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:

I have lots of energy, I'm sure H.H.s. help along with healthy lifestyle such as exercise, fresh air, very much appreciate good sleep, good nourishing food. & good essential fatty acids, omega 3s.

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:

- Diagnosed with M.S. in 1998. - Re: energy & digestive system - H.H. helps greatly with my daily life
Thank you.

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:

My system (body) works & feels better when I eat H.H. on a regular schedule. I know that if I don't eat them or skip a few days - I feel a little "off".

THANK you so much for this good nourishing food. I hope you can continue producing it with no problem.

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:

Very good. because I am on Low carb but need more protein Hemp hearts give me those things. As far as protein I know I'm getting what I need. (I also eat other protein too though) Since the accident (2006) I have ~~lost~~ lost 20 lbs of excess fat and have gained muscle from the gym.

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

Female, 65+ and have been using Hemp Hearts for 3+ years. I am in excellent health. Vegetarian. Professional - hold a Masters degree in Administration. I am impressed w H. Hearts & hope never to be without them.

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

Yes! My pain is under control. But I credited it to my new pain Meds. I never knew it could be Hemp!

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

using 1 1/2 years. Female - sixty health conscious yoga teacher recommended to several others