

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 have been using seeds for five years. Could not do without. My body feels great.

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:

I used to have digestive problems and bloating - but no more! Most of my life. I was either constipated or loose. Now I have really great bowel movements and feel so much better.

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

I am 80 years old, my wife is 77, Both of us are under Dr. Care because of Blood pressure, In the past year we have had good results with our tests, we are very pleased to make the claim that Hemp Hearts are a good product for us to take.

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:

I just feel all around 100% better with Hemp Hearts

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 have high blood pressure & diabetes II. I have been using Hemp Hearts for several years and enjoy the energy & Blood pressure results I get. I and my husband will take them forever!

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:

LIKE I MENTIONED ABOVE, MY BLOOD PRESSURE IS WAY BETTER THAN BEFORE.

NOTE: I OFTEN WONDER IF I WOULD BE ABLE TO TAKE HEMP HEARTS ACROSS THE BORDER IF WE DECIDE TO GO HERE ON A HOLIDAY. WOULD I BE ARRESTED? HORRIBLE! BUT I WOULD NOT LIKE TO GO WITHOUT MY HEMP HEARTS FOR UP 2 WEEKS. MY B.P WOULD SORELY RISE.

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:

clear complexion with most of my hair retained.
I have introduced others to your fine products.

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

Very regular bowel movements. And I attribute H. Hearts to controlling my hot flashes- I need these yummy healthy seeds.