

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:

Since being on hemp seeds & taking 4 Tblsps every morning on fast cereal & banana & the fruit of the day i.e. pears, strawberries & blueberries. I feel fine & it keeps me regular & would be upset not to use it!

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:

THIS IS ABSOLUTELY TRUE!

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 WIFE AND I ARE IN OUR 50'S AND WE HAVE BEEN ENJOYING HEMP HEARTS FOR OVER 5 YEARS. ALSO, I NO LONGER NEED MY OMEGA FAT SUPPLEMENTS AS I GET THESE NOW FROM THIS PRODUCT.

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:

my experiences with Hemp Hearts, use each morning help my health conditions,

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 FEMALE, IN MY 50'S.
- I EAT "HEALTHY" AND LOVE THE NUTTY TASTE OF HEMP HEARTS.

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:

Please don't scare us that hemp hearts won't be available to us - I'm sure we won't be long without them - I play bridge 2 times a week as well as keep an exercise diary - I'm doing well

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:

Again, hemp hearts keep us both healthy.

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

HEMP HEARTS HAVE BEEN VERY VERY HELPFUL WITH REGARDS TO MY BOWEL HEALTH.