

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

Every chance I get I refer to everyone I meet how important Hemp Hearts are for everyone.

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 56 yr. old female; RN by training. I have been using Hemp Hearts for 14 years.

\* I now have most of my extended family eating hemp hearts after they have read the package insert.

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

I am 66 years young, male, generally pretty healthy, take no medication on a regular basis.

I am active renovating my house and golf when I can. I've been eating hemp hearts for about 7 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:

I don't have any serious health conditions, however with the help of hemp hearts I enjoy good health.

**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:**

Had a mild Stroke, spent 2 months in Hospital in Regina - Referenced H.H. to a nurse who was in direct of Hemp Hearts.

**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:**

Hemp hearts are a great help

**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:**

it keeps me from getting hungry for 5 hours or more  
would recommend Hemp H to others  
Have gone thru a period w/o using this product & control the difference. Have every intension of using steadily again  
Jeri Bardwell

**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 am a thyroid sufferer, always tired barely able to work 6 hrs a day in a shingle mill, since taking the hemp heart. I am now working 11-12 hr days and full of energy, my son whom has epilepsy was always so tired unable to go to school, now he has energy and back in school - thank.