

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 not terribly active. I try to eat good quality organic/local food as much as possible. I have been eating hemp hearts for about a year and I am very pleased with their taste. I also believe that they are good for my health. I have recommended them to family + friends as a good source of protein.

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:

No health concerns! I am totally pleased with your product & will continue to order same.

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 eat mine with hot or cold cereal, & really enjoy the taste & texture.

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

I am 61 years young, but I've been using the Hemp Hearts for two years now, and I have never felt better.

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

I have been using hemp hearts since September 2007, and find them tasty and very satisfying. Please keep doing what you are doing! You are doing a great service to people, and as well, promoting more ecologically sustainable ~~and~~ food.

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Please describe your experiences with Hemp Hearts and any serious health condition:

N/A.

P.S.

I truly love your product and cannot go without it

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Please describe your experiences regarding digestive health and Hemp Hearts:

you would not believe my bowel movements  
For breakfast I eat 5 tabel spoons hemp hearts  
with raisins and flax seed

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

USING HEMP HEARTS FOR TWO YEARS.  
THEY HAVE CALCIUM. THEY ARE AGREEABLE TO THE  
BODY. NO ALLERGI TO THEM.  
TASTE IS GREAT. PLEASANT.