

So, in summary I think your product is great and I will continue to pass it along to friends who are trying to eat well. I keep a case in my trunk (when it's not too hot outside) and when it gets down to one tub I order another case and will keep doing so as long as there is demand.

Thank you.

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

After summer I'll go see the doctor (who loves sending me to do tests), hopefully I have my cholesterol in check. Again I have to watch what I eat, I find it's similar to diabetes diet. I am thank-full for my hemp hearts.

**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:**

I have not noticed any change in skin or hair but I do have very soft skin (according to my wife) I just feel better.

**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 think this is an excellent food.  
- Support your product 100%

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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:

TWO WOMEN, DAUGHTER 44, MOTHER 64 - IN GOOD HEALTH,  
TEACHER RETIRED TEACHER

HIGHLY RECOMMENDED HAVE TAKEN DAICY FOR 3 YRS.  
- NOTICEABLE DIFFERENCE WHEN ON HOLIDAYS ABROAD.

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 very filling and stave off hunger very well

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:

- Wonderful!! I don't eat the hearts or the bars after 4:00 PM

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 have recommended Hemp hearts to others who have noticed improved energy & good health since taking them!