

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 an active 37 yr. old female who, due to GI issues and migraines, has had to modify my diet to follow a vegan and gluten-free diet. Since I'm allergic to nuts and have issues in digesting cooked foods including legumes, hemp hearts have literally been a life-saver for me in terms of proteins and omega fats. I eat about 1/2 c. - 1 c. daily, whether in my breakfast shake, in my salads or in smoothies.

I've been using them for about 2 years

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:

My skin and hair are very healthy looking. I avoid sugar, starches and processed foods. I am sure the Hemp Hearts are contributing to my overall good health.

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

I have been taking Hemp Hearts for 3 years and found it to be very useful for my general health & well being. I have more energy and my bowel movements are more regular.

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:

They are a great help & I feel much better overall. My health has improved as has my digestion & my energy level has improved greatly.

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Please describe your experience regarding hunger and Hemp Hearts:

IF I OMIT HEMP HEARTS FOR
BREAKFAST I AM HUNGRY WITHIN
1 HOUR THEREAFTER.

We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.

Please describe your weight control experiences with Hemp Hearts:

I belong to TOS (Take off pounds sensibly -)
I have recommended it to many members
to assist in their weight control & they are
impressed. I have kept my goal weight for years.

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:

We appear to enjoy increased energy & find
our activities are even more enjoyable now.
Gardening is a real joy & not a job anymore!

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:

PORRIDGE (OATMEAL) WAS A WONDERFUL START TO THE
DAY BUT MISSING A PROTEIN SOURCE. WHEN I DISCOVERED
HEMP HEARTS AS A PROTEIN IT WAS THE MISSING INGREDIENT
WHEN I TRAVEL I ALWAYS TAKE YOUR PRODUCT
WITH ME AND ALWAYS FEEL THE BENEFITS.