

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

I cannot speak to particulars, health is good and continues so, and we attribute this in part to daily use 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:**

Roger: This <sup>info above</sup> may not be of much assistance to you, but I & many others whom you know will continue to use Hemp Hearts because of the impact the product has had on our energy level & feeling of "well being"! Good luck!

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No serious heart problems  
I believe eating hemp hearts every day has contributed significantly to my good health.

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I am not diabetic but my doctor is aware of my having Hemp Hearts & is in agreement. I gave him your literature.

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HEMP HEART CONSUMPTION WILL HELP ONE AVOID THESE SERIOUS CONDITIONS.

Thank you

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 have been taking hemp hearts for at least 3 years. We wouldn't be taking it if it wasn't helping us.

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

I have had no serious health problems. (Thanks be to God) I take no medications or prescription drugs.

I am a fan of Hemp Hearts to me they have added to my good health.

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 seventy seven year old woman with many health problems. I began taking Hemp Hearts daily about two years ago mainly for energy source at Recommendation of a friend and have been pleased with results.