

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 40yrs. old and have been using them for a few months now. I absolutely love them and so do my friends.

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I'm sorry I don't remember exactly how long I have been taking the hemp hearts. (I've had 2 small strokes) I do remember the ^{good} difference they made, healthwise, for me from the very first day. I'm 78 years old.

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 not had any specific health issues however I have had many stressful events over the last year and a half and am thankful for the nutritional balance I receive from eating hemp hearts.

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

I feel they contribute greatly to my health!

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At 90 years of age I wouldn't be without Hemp Hearts I have stopped taking cod liver oil tablets, and constipation tablets since these two are both included in Heart Hemp Hearts. I have been on the Hemp Hearts for 6 years and have recommended them to my friends with the same problems as I have had.

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

I'm a Senior citizen (over 65) who learned about hemp hearts around 5 years ago - tip from my sister. I immediately called Roger to order some, and I have been enjoying them ever since.

I make them up into energy bars with chia seeds, chocolate, cassava, etc., etc. - They make wonderful take-along snacks.

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

* I have given hemp hearts to many friends, family and clients and have yet to know of anyone who has not noticed a diff

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

I am not diabetic. My health has been excellent. Hemp hearts are an integral part of my diet.