

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 have been using hemp hearts since July 2009. I am a marathoner and triathlete - very active. In my 40's, female, and wanting more protein, omega fats + essential nutrients w/o sugar or starch - these seemed perfect - they are.

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:

I have lots of energy! I stopped eating hemp hearts for a few months because I wasn't eating yogurt since it is a dairy product. I missed hemp hearts so much that I went back to eating yogurt despite trying to eat vegan.

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:

In 2008 I was diagnosed + treated for breast cancer. The dietitian @ the Cancer Clinic advised me that the clinic had just added hemp hearts to their patients diets as a way of incorporating good protein (plus other health benefits). When I told her I was already using the hemp hearts, she was impressed + told me to continue.

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

Hi, I have been using hemp hearts and hemp products for about 2 years now and I have it in the morning and also throughout the day as well. It keeps me well nourished and satisfied. I love it. T0107

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Please describe your experiences regarding energy and Hemp Hearts:

Energy is superior to any foods like carbs.

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

I am a very healthy 76 years old. I have been taking Hemp Hearts for about 7 years. I take 4 tablespoons every morning with my rolled oats.

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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 for over a year. I work at Big Sky and the work is very intense at times. With out my hemp hearts I wouldn't have lasted at this job as long as I have.

unscent - tastes like of all things "natural flavoring!!
By the way, with the research I have done, hemp hearts are a complete food. I firmly believe you could live on hemp hearts quite safely.