

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 experiences regarding hunger and Hemp Hearts:

MY WIFE HAS HERS AT LUNCH AND NOTICES
QUITE A DIFFERENCE (A VERY GOOD DIFFERENCE)
AT HER TIME OF MONTH.
I HAVE 2 TABLE SPOONS IN THE MORNING AND
I DEFINITELY DON'T GET AS HUNGRY LIKE I USED
TO

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 for 4 years now.
It helps my arthritis a great deal. I am over
65 yrs of age & not overweight.

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:

At 57 yrs. old & menopausal, hemp hearts
sustain energy & reduces highs & lows,
& swings of energy. This is the best
part for me.

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

Dear Roger: Our experience has not been very drastic because
we don't ^{take} 5 Table spoons as you recommend. I take 2 1/2-3. My wife takes
1 1/2 Table spoonful for breakfast, that keeps our bowels regular and we miss lunch.
We have been on the Hemp hearts for about 2 years. ^{supplied}
Thank you very much for faithfully keeping ~~supplied~~ with Hemp Hearts.
Yours truly B

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Please describe your experiences regarding energy and Hemp Hearts:

I believe I have had good energy levels all this while — I am 77 and I did have a minor heart attack in 2006. I believe the hemp hearts have helped me through all this.

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Please describe your experiences regarding energy and Hemp Hearts:

I do have more energy when I eat the hemp hearts, but at my age energy is hard to come by and I do exercise (water aquafitness) and walk whenever the weather is nice. I have a treadmill when it is not.

We advise customers that Hemp Hearts should be eaten for breakfast with unblended raw fruit and vegetables (no fruit for diabetics) so that the long fibers in these foods will knit wastes together to ensure that individuals are not too loose, but that they clean out thoroughly.

Please describe your experiences regarding digestive health and Hemp Hearts:

My 8 year old grand daughter also eats Hemp Hearts for her bowel issues, and she, at 8 years old ASKS for Hemp Hearts. She also knows what works.

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'm 87 years old and I still have a lot of energy to do my gardening, yardwork and get my own firewood.