

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 in my 60th year of life and have found Hemp Heart to be the miracle Food I have been searching for all my life. Plagued with bowel troubles all my life I am finally free from all of that. My daughter of 39 years who suffered from irritable bowel syndrome is grateful that I introduced her to them as well.

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

I'm a 78 yr. old male. Generally I have good health. I found that when I put 3 1/2 oz of heaping teaspoons of hemp seeds on my cereal I have very regular bowel movements. This is the only reason that I've been using hemp hearts about 3 or 4 years.

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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 about 6 months. My registered dietitian recommended these. I liked them right away!!

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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 4 years. I work long hours in the healthcare field; often don't have time to eat lunch. Hemp hearts in the morning with cereal; rice milk keep me satiated; with good energy until late afternoon.

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

Excellent healthy & athletic male person,
I used hemp hearts for over 3 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:

ALL I CAN SAY IS THAT I HAVE AN EXTREMELY BUSY AND ACTIVE LIFE FROM EARLY AM. TILL WELL INTO THE P.M. ASIDE FROM OWNING AND MANAGING A BED & BREAKFAST, I DO MOST OF THE GARDENING & CLEANING, ALL THE COOKING; AT THE SAME TIME CARING FOR MY MULTIPLY DISABLED SON WHO LIVES WITH US FULL TIME - ENERGY TO BURN!

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Please describe your experiences regarding energy and Hemp Hearts:

I think I have good energy
ie am a triathlete & do
at least 1 hour of strenuous
exercise day + work full time.

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:

I gained approx. 40 lbs. during menopause & due to side effects of certain medications I was on. I walk my dogs, about 45 min. every morning & when I return home I eat 4 heaping spoons of Hemp Hearts with oatmeal or yogurt. I find I can get by with a cup of tea or some fruit quite easily until dinner at around 4:30 p.m. since using the hemp hearts my energy has increased.