

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 am not diabetic but have noticed a big improvement in health the last 2 yrs.

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 am very energetic and just feel great.

We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day. Please describe your weight control experiences with Hemp Hearts:

I don't have a weight problem. I am very fit. I strongly agree that hemp hearts have made me feel ~~to~~ lighter, stronger, more agile, more energetic.

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 aprox. 2 yrs.
- I feel so much better, healthier. I will stay on them, eat less meat etc.
- Couldn't live without them now.

X0005

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 don't have any serious health issues. I am healthy and happy. thanks to exercise, diet, and super foods such as hemp hearts. I ~~love~~ love them. they taste good, feel good, and ~~have~~ are very nutritional.

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:

Have been using hemp hearts for 3 years, I feel great lots of energy, excellent weight loss tool.

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'VE NEVER in my life had the energy I now have. Not even at 30 and I'm now 60.

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'm 60, still work, do yoga look after a lawn and house. Get up at 5 AM, bed at 9:30-10:00. I work hard, compared to my friends my age. I'm awesome.