

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:

Yes, I do find that I have more energy. Since I have been using Hemp Hearts, plus taking B vitamins, I feel 10 years younger and I am a lot more active.

Please describe any internal changes experienced relative to pain and tissue inflammation:

I have 1-3 bowel movements daily. My bouts of depression are a thing of the past. My general health is pretty good for my age. I have no more stomach trouble, no Restless Leg Syndrome, no headaches, no bad sleep habits.

Please describe any internal changes experienced relative to pain and tissue inflammation:

I know I feel a lot better on this product.

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 about 1 1/2 years. I am 64 years old. Have Type 2 diabetes & High blood pressure. Since I have been using hemp hearts, it has made a world of difference in my well being.

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:

Hemp hearts have helped me control my glycemic index and will combat the "Brain fog" that happens when I cheat and eat desserts. I'm grateful to have this safe + healthy source of protein since my family is heart attack prone.

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 digestive system seems to function exactly as it should while I eat Hemp Hearts. One old problem which I do not have any more (unless I eat a ridiculously large meal in the evening) is acid reflux. Also, because I do not have to strain my hemorrhoids are much better.

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 an active 43 year old woman. Healthy and in good shape. Have been using Hemp Hearts for about one year. I feel energized by them.

Please describe any internal changes experienced relative to pain and tissue inflammation:

I have no pain anywhere