

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 TABLESPOONS 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 6 YRS  
I'M 79 & MY LIFE HAS IMPROVED SINCE USING IT  
I WOULDN'T DO WITHOUT, GREAT BOOST TO MY HEALTH

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 have no serious health problems except  
for arthritis and poor circulation and they have  
improved since I've been taking H.H.

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

I am a 58yr old woman - very active & menopausal. H.H have  
helped to stabilize hormones & improve constipation  
(chronic)

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

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

My knees were always getting fluid on them due to years of abuse in sports but I don't seem to get this issue very often any more at all.

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

The mornings after ~~the~~ serious training sessions, I take 6 tablespoons of Hemp Hearts and by lunch all the regular aches and pains of recovery from training have faded away.

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Please describe your experience regarding hunger and Hemp Hearts:

See above - this is absolutely true - maybe even more convincing is that I have enough "fuel" to ride hard for over 50 kms & I am still not that hungry!

\* I finally feel well nourished - after struggling for a good diet for 20 years.