

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:

Do not know about this I really like the taste & just enjoy eating Hemp Hearts I think my general health (which has never been really bad) is better & I truly do have noticeably more energy. I just like the hemp hearts

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:

Since taking Hemp Hearts for the past 6 months, feel better and have more energy.

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:

My weight has remained stable and my overall health has greatly improved

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Please describe your experiences with Hemp Hearts and any serious health condition:

It would appear that they may assist with better gum health + oral hygiene.

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

I've been eating them religiously for 3 ~~the~~ years, prior to that I was not as healthy as I am now!

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:

Feel real good

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Please describe your experiences with Hemp Hearts and any serious health condition:

- no health concerns. Just weight and digestive improvement. I need hemp hearts everyday to be healthy - very natural way to maintain health

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

Work very well on every fact of our health.