

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:

My wife + I. have been using Hemp Hearts for few years now and consider that is a good product for the health. (Jour la Santé)

Please describe changes to blood pressure indicative of changes in the elasticity of arteries:

I jog 3-4 times per week in my day. Hemp Hearts are a reliable source for sustaining my overall health @ age 54 yrs.

Please describe changes to blood pressure indicative of changes in the elasticity of arteries:

- I'm more active + fit the last 12 months. Eating better / more exercise. Got heart + hemp @ has helped my health overall.

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

MY WIFE AND I ARE SENIORS IN OUR 70'S. WE'RE ALWAYS TRYING TO IMPROVE OUR HEALTH AND EATING HABITS. WE HEARD ABOUT HEMP HEARTS AND STARTED ORDERING 2 YRS. AGO. WE LOVE THE HEARTS FOR BREAKFAST AND THE HEARTS AND OIL IN OUR SALADS. IT HAS MANY BENEFITS + WE CERTAINLY RECOMMEND IT TO OTHERS.

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

I have had no pain or inflammation and no sickness of any kind.

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

I am 66 years young, male, generally pretty healthy, take no medication on a regular basis. I am active renovating my house and golf when I can. I've been eating hemp hearts for about 7 years

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

I AM 87 YEARS OLD AND HAVE BEEN EATING HEMP HEARTS FOR ALMOST 10 YEARS - I AM IN EXCELLENT SHAPE - GOLF IN THE SUMMER AND CURL IN THE WINTER

We claim that those who use Hemp Hearts in quantity every morning with long fiber foods, who minimize their weight by avoiding sugar, starches and processed foods, inevitably notice improved tissue health—reduced tissue inflammation and improved tissue elasticity.

Please describe any external changes experienced with respect to skin and hair conditions:

over all I feel better when taking this product - helped my eyesight

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:

has improved my husband's circulation but he is ~~not~~ not diabetic. It also helps stop the craving for having a cigarette.