

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

We did not have any of those issues but have noticed a marked improvement in our health & energy levels.

2

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 am not taking this for weight loose, I like how I feel & my regularity & it also keeps my weight stable.

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 do feel healthier & have more energy.

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 a 54 year old female in good health. I have been ^{consuming} ~~using~~ hemp hearts for 2 1/2 years. I attribute a lot of my good health to my consumption of hemp hearts. They are a main staple of my diet. I am a vegetarian.

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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:

Sorry I don't really have any

But I like Hemp Hearts, think they make a big difference to your overall health, and will continue to use them. Thank You

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

I have been using them for about a year and felt great - have to order more

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:

regular elimination (very important)
(rating 3 heaping dessert spoons)

I firmly believe that H. Hearts are very good for health and have some others eating them.

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

NO IDEA - I AM 56 AND DO NOT HAVE A DOCTOR - NOR HAVE I SEEN ONE FOR MOST OF MY ADULT LIFE ☺