

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:

USER FOR 3-4 YEARS AS I STATED EARLIER.
AND AM HEALTHY/ENERGETIC AS A 40 YEAR OLD
I AM 60 YEARS

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

I HAVE BEEN USING HEMP HEARTS AND OIL FOR 3-4 YEARS. IT HAS CAUSED ME TO BE VITAL AND HEALTHY. A RECENT COMPLETE MEDICAL CHECK LEFT ME WITH A DOCTOR'S DIAGNOSIS WITH THE BODY OF A 40ish YEAR OLD. !!! I AM 60 YEARS

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:

I also consume 4T hemp heart blended with water into hempseed milk as a ^{bedtime} evening snack. It's critical for my hard working 44 year old female body to have ~~no~~ easily digested nutrition for my body's healing at night. My energy needs to go to healing not digesting so hemp hearts are perfect. Since I started doing this I'm stronger at work with less injury and more energy.

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

I AM 75 yrs OF AGE AND HAVE BEEN USING HEMP HEARTS
FOR A COUPLE OF YEARS. I AM HEALTHY AND ON NO MEDICATIONS -
BECAUSE OF THEM AND OTHER ALTERNATIVE SUPPLEMENTS

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

I'm 65 years old, I've used hemp hearts for over a year
I've lost 30 lbs and feel much better all over.

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:

Not a diabetic.

x I am sure that this product has helped with my
general health since my heart problems

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:

I have not noticed any change in skin or hair but I do have
very soft skin (according to my wife) I just feel better.