

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:

BEING 76 YEARS OLD AND HAVING BEEN TAKING HEMP HEARTS FOR SEVERAL YEARS, IT IS DIFFICULT TO CALCULATE WHAT MY HEALTH CONDITION WOULD BE HAD I NOT EMBARKED ON YOUR HEMP HEART PROGRAM. I GO DANCING AT LEAST TWICE EVERY WEEKEND, CUT MY GRASS

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 experience regarding hunger and Hemp Hearts:

(4/5 ACRE) WITH A PUSH MOWER, SHOVEL MY SNOW, HUNT MOOSE & DEER AND FISH WHEN I CAN. YOU WILL HAVE TO DRAW YOUR OWN CONCLUSION AS TO WHETHER HEMP HEARTS HAVE IMPROVED MY LIFE OR

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:

HELPED TO MAINTAIN IT!

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 experience regarding hunger and Hemp Hearts:

They are a great help & I feel much better overall. My health has improved as has my digestion & my energy level has improved greatly.

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

I am a fit, 64-year-old female conscious of my lifestyle - I believe in your product and order a case at a time.

I have been using your hemp hearts for one year and am constantly sharing with my family and friends.

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 BEEN VERY HEAVY - AND BELIEVE HEMP HEARTS HELP IN THIS. THAT'S WHY WE KEEP USING THEM.

I do not take the 5 tablespoons as recommended but find 2 tablespoons is enough I take it with yogurt, or cooked or dry cereal. I find I do not feel hungry and therefore do not eat as much. Sometimes I make a smoothie using juice, fruit and Hemp Hearts, very refreshing on a warm morning. I no longer use sugar; find the fruit is enough sweeteners. I do not have high blood pressure and only take 1 prescription drug for hiatus hernia. By taking Hemp Hearts my health is very good and I can walk about 3 miles a day.

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:

HEMP HEARTS IS ONE OF A FEW THINGS I TAKE ON A DAILY BASIS FOR GOOD HEALTH. I AM A HEALTHY PERSON ALREADY WITH NO HEALTH CONCERNS. I'M KEEPING IT THAT WAY TO AVOID ANY PROBLEMS. I HEARD ABOUT YOUR COMPANY FROM A FRIEND AND HAVE TOLD PEOPLE WHERE I BUY MINE. I KNOW MY GOOD HEALTH IS A RESULT OF EATING HEMPEARTS.