

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 82 years old and have been using Hemp Hearts for several years. I'm very fit with no serious health problems. Hemp Hearts

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:

have been part of that good health.

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

My doctor says for me to continue saving money since I'm going to live to a ripe old age! What more can I say!!!

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:

HEMP HEART CONSUMPTION WILL HELP ONE AVOID THESE SERIOUS CONDITIONS.

Thank you

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

I've used hemp daily for over six years
I use it every morning and believe it
makes me healthier.

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

I have been eating Hemp Hearts every day for the
last 7 years in breakfast smoothies, in salads
and mixed into ground beef. I find them easy
to digest and a ~~very~~ excellent supplement to my diet.
My health has been very good and I believe this has contributed to it.

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

I have no serious health problems
and I am not a burden on the
health care system. My focus is on
prevention through healthy eating (which includes
hemp hearts) + a regular exercise program.

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:

My wife and I are 75 and 70 old, and we have been using
hemp hearts for at least 3 years and have all kinds of energy
and we don't take any medication.