

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:

APPROXIMATELY 1 yr. I WAS A HEAVY EATER. USING HEMP HEARTS CUT MY EATING HABITS IN HALF. MORE ENERGY, BETTER MOODS AND OVERALL JUST FEEL BETTER. I'M 57 YRS OLD & I FEEL THESE HEMP HEARTS HELP ME IN ALL AREAS OF MY HEALTH.

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:

I do not get hungry. I haven't tried losing weight. This is the best I felt in yrs. I do my own garden & housework. & no sore spots.

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:

Since I have been having Hemp everyday. I dropped 5 lbs. & keep it off. I am in my correct weight group & feel excellent - my doctors are all surprised what a great record I have. <sup>health</sup>

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've been eating Hemp Hearts for last 3 years every morning. It changed my life. I have more energy, I don't have any digestive problems. My health increased very much.

X 0040

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:

My health was already decent, now it's slightly better. I really like hemp hearts for my kids and husband and myself and never want to give them up! They are healthy and delicious and we feel great using them!

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 59 year old 135 lbs, 5'1" tall. I've been using Hemp Hearts for about 3 years. I will be very sorry if I cannot get this product. It's a part of my life now. I even take it on holidays.

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 very active lady. I have been using the hemp hearts for years daily. I am 54 years old and believe this product has given me more energy and well being than any other products I use.

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 have been using Hemp Heart on a daily basis since July, 2005<sup>(or earlier)</sup> and I believe it<sup>has</sup> helped me maintain very good health!