

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

I am a healthy individual and I believe by supplementing Hemp Hearts long term, I will avoid chronic health disorders.

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 healthy 72 year old retired woman. My consumption of hemp hearts is now 4 years.

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

I feel great all the time.

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 Hearts for 2 yrs and find it very nutritious for my health.

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

I have ONE DR visit a year + my Blood Pressure & all vitals are fine. I ^{have} not got any health problems X0046

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:

in losing weight, I feel better. I have a different supper every night. One thing I noticed is that in the late evening's I would have a lot of sugar (ice cream, cake, etc) I don't do that anymore, just have supper, then that's enough. I'm not interested

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 generally healthy and not overweight I started using Hemp Hearts a couple of years ago as a way to introduce ^{more} healthy amino acids and Omega 3-6-9 into my diet.

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 eat really healthy in general and consider Hemp Hearts an important part of my healthy diet. My skin and hair are healthy as well.

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 am 64 and feel very healthy for my age. I exercise, keep my weight at about 125 and eat vegetables and fruits daily. I include hemp hearts to have a choice of protein that is not meat or dairy.