

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 55 years old and have been using Hemp Hearts for about 2 years on a regular basis. Since using Hemp Hearts, I have stopped all other supplements. I feel very good generally: physically, mentally and emotionally.

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:

P.S. I wouldn't want to be without my Rocky Mountain Hemp Hearts. They have improved my athletic performance and my feeling of well being in general. LFR

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:

I am not as hungry after eating Hemp Hearts--so it is easy to loose weight and not feel weak or starved! My general health seems better all over, the mind is clearer when not eating a lot of starches & fats etc. I have more a feeling of well being!

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:

My skin seems to be clean & healthy, a reflection of a good working system. X0047

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 do not have diabetes and feel by taking Hemp Hearts I will avoid diabetes for the remainder of my life.

I hope to continue to take Hemp Hearts for my health and avoid costs to our medical system

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

~~am~~ My entire health has improved and I am not on any chemical drugs thanks to Hemp Hearts. I want to continue taking Hemp Hearts.

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

I AM 81 YRS. OLD. IN GOOD HEALTH. WORK OUT IN A GYM 3 DAYS PER WEEK. A FRIEND SUGGESTED HEMP HEARTS & MY WIFE & I BOTH TAKE THEM IN THE AM. I FEEL MUCH BETTER WITH THEM AND AFTER 9 MONS. WE INTEND TO CONTINUE

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

I am a 45 year old male who is very health conscious and been using ~~the~~ whole food hemp products for over 10 years I've been using Rocky Mountain Grain's Hemp Hearts for approximately 8 years.