

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 50 YEAR OLD MALE. I AM 5'8½" AND WEIGH 150 LBS.  
I HAVE NEVER HAD AN OVERWEIGHT PROBLEM BUT COULD SAY I HAVE HAD AN UNDERWEIGHT PROBLEM. MY BLOOD PRESSURE IS GENERALLY GOOD TO LOW 120 OVER 70. I WORK AS A CARPENTER AND WORKED OUTSIDE ALMOST ALL OF 2009 EVEN DOWN TO -40. I HAVE BEEN EATING HEMP HEARTS FOR 6 YEARS

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

Each year when I have my annual physical, my lab results all come back normal. I am not taking any medication for long term illnesses.

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 no serious health condition or problems  
- I truly am pleased with the good results from taking hemp hearts daily.

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

I AM A VERY HEALTHY 76 YEARS  
I HAVE BEEN TAKING HEMP HEARTS FOR ABOUT 7 YEARS I TAKE 4 TABLESPOON EVERY MORNING WITH MY ROLLED OATS. X0048

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:

Bottom line they taste GREAT + are good for me, easy to consume with great benefits.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I have had a problem with constipation for a long time. Hemp Hearts have made a HUGE difference in my intestinal health!

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

I have used Hemp Hearts as a supplement for about 5 years. I do feel it satisfies hunger. My sons in their early twenties like to ~~use~~ eat it. We ~~use~~ take it especially for the benefit of healthy Omega fats and proteins. I have extra energy when I eat H. Hearts