

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:

they take away the hunger and supply me with the omega 3 fatty acids I need to control my blood pressure and cholesterol as a result, was able to stop my cholesterol meds. (crestor)

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:

My hemp seeds are taken with fresh or frozen berries, sugarless yogurt, 1/2 teaspoon of spirulina, (tablespoon of flax ground), raw pumpkin seeds, 1/4 teaspoon of ginger, one teaspoon of beer yeast and a tablespoon of cinnamon. I can go five or six hours without even having a snack. For the past four years I have had "excellent dietary control" of my blood sugar.

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Please describe your experiences regarding energy and Hemp Hearts:

When I am working and don't have time for lunch my next move is hemp hearts or the bars. They appease my appetite and revive my energy.

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Please describe your experiences regarding energy and Hemp Hearts:

I believe it's an energy booster. I don't feel that great if I don't have my Hemp Hearts. In the am, I feel sluggish. Especially if I eat toast or a muffin. Really want more.

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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 HAD A SERIOUS WEIGHT PROBLEM - FOUND OUT ABOUT HEMP HEARTS + THE BARS - STARTED 18-24 MONTHS AGO (NOT SURE). IN 18 MONTHS, I HAVE LOST 149 LBS. SO FAR + AM STILL GOING. AM PLANNING TO LOSE ANOTHER 100 LBS. HEMP HEARTS HAVE MADE IT PAINLESS - I'M NOT HUNGRY. THANK FOR YOUR PRODUCT.

2. 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:

My husband has lost 78 lbs since he began using hemp hearts. He has a breakfast with hemp hearts and does not feel hungry all day.

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:

My husband, David and myself have found that when we eat 3 tablespoons of hemp hearts for breakfast we often do not feel hungry until mid-afternoon. We have both lost weight over the past two months since eating hemp hearts regularly.

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:

NO HUNGER