

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'm 69 years old & have eaten hemp hearts for quite a number of years. My weight is good, my energy level is great - I'd say - and so do my friends that I'm in great shape. I eat 3 heaping tablespoons of hemp hearts every

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:

morning with bran cereal or yogurt and feel they keep me feeling so good. Keep up the good work - 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:

I do not have a big weight problem because of my healthy eating and exercise. Since it keeps hunger under control - I don't find the need to snack till I am ready for my next meal.

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Please describe your weight control experiences with Hemp Hearts:

My weight is controlled but I don't use that much hemp.

2

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Please describe your weight control experiences with Hemp Hearts:

I do not have a weight concern, at approx 114-116lbs. However I did notice that when I went to England I used up my supply before the end of my stay - ate things on the flight home that were not what I would want to eat and I had gained several lbs - I believe HH keep my weight stable.

4

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Please describe your weight control experiences with Hemp Hearts:

Lost the past 6 years, I am just about the same weight, my daughters say, Papa you need to eat more!

2

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Please describe your weight control experiences with Hemp Hearts:

Not used often for that purpose, but when I do it seems to work reducing need to eat more and does sustain me.

2

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Please describe your weight control experiences with Hemp Hearts:

Not really lost weight, but clothes sizes went down some. (And I do not diet, never have, never will. So, must have been Hemp Hearts as my food & eating habits did not change! I just added Hemp Hearts to it.