

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 SENTIMENTS EXACTLY! WHEN I TRAVEL TO THE U.S. A NEW ZEALAND OR ANY WHERE FOR MORE THAN A FEW DAYS I ALWAYS TAKE A SUPPLY OF H.H.'S WITH ME. I KNOW THIS SUPPLIES ME WITH THE EXTRA ENERGY NEEDED TO OVERCOME THE HASSLES OF AIR TRAVEL AND KEEPS ME 'REGULAR' AFTER THE DRASTIC CHANGE OF FOOD AND EATING TIMES, ALSO THE STRESS OF CHANGING TIME ZONES!

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:

Hemp Hearts provide me with alot more energy than I have ever had. I have had lots of stress in my life and I know Hemp Hearts have been instrumental in keeping me up and going strong.

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 a busy life. I am a self employed person that provides a service that requires concentration and a positive attitude. Using hemp hearts regularly gives me energy and an even keel of concentration + attitude. I do notice when I haven't used hemp hearts, my energy level is not as high and I feel tired mentally.

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

I am an active 68 year old woman. I started taking Hemp Hearts four years ago (2004) hoping it would help with mood swings and it certainly did.

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Please describe your experiences regarding energy and Hemp Hearts:

INCREASED ENERGY & MENTAL  
SHARPNESS

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:

NOTICE THAT HEMP HEARTS GREATLY IMPROVE  
MOOD.

PROBABLY DUE TO HIGH OMEGA 3. CONTENT  
MY BROTHER 101 QUEBEC STED IN LONDON ONT.  
NOTICED SAME.

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Please describe your experiences regarding energy and Hemp Hearts:

The other benefit besides energy is a greater concentration ability.  
Personally this means more to me.

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Please describe your experiences regarding energy and Hemp Hearts:

The past nine months have been very difficult  
as I've been daily going to sit with my mother  
who is dying from pancreatic cancer. I believe Hemp Hearts  
helped give me the energy to do this.