

**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:**

Sometimes when I'm going dancing, in the mornings I eat 4 tbsp hemp hearts for supper and do not need to eat anything till next morning, and can do some pretty fast Polkas till midnight, 2-3 times a week some weeks.

**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:**

Hemp hearts is a perfect food even as a snack as a pick-me-upper any time of day.

**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:**

with weight lost + Hemp Hearts my energy level is very good.

**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 for breakfast Keep my energy up for the whole morning without any drops. During triathlons the only food I eat during a race are hemp bars.

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 a 35 yr. old woman. Very active triathlete. I have been using hemp hearts for 1 yr.

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Please describe your experiences regarding energy and Hemp Hearts:

I am in the extremely active category, too. I require one or two handfuls of nuts in the afternoon - for lunch - and sometimes even a fruit juice, if the weather is hot and I am playing golf.

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Please describe your experience regarding hunger and Hemp Hearts:

I have my hemp heart smoothie for breakfast, then walk and play 18 holes of golf before needing to eat something around 1pm.

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 heart + give me energy All day.