

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:

I eat hemp hearts with 100% bran, coupled with rice milk. The result: never a problem with bowel movements - and lots of energy till about 2:00.

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:

Energy is always high with me - my use of hemp products has kept my energy level high, even at my age.

We need the assistance of those who are using Hemp Hearts. Your reply will be used on an informational web site to defend Hemp Hearts against US government and other challenges.

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 72 year old man. I've been using Hemp Hearts for about 5 years.
I have a blood disorder which causes significant fatigue.

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

I am an 81 year old male. I started taking Hemp Hearts about 3 years ago searching for something to improve energy and relieve stiffness and pain.

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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:

I have lots of energy, I'm sure H.H.s. help along with healthy lifestyle such as exercise, fresh air, very much appreciate good sleep, good nourishing food. good essential fatty acids, omega 3s.

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Please describe your experiences regarding energy and Hemp Hearts:

H.H.s have given me a significant boost. Prior to using them, I needed a nap after work every day. Since I started eating H.H.s, I no longer need that nap. I do feel sharper.

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Please describe your experiences regarding energy and Hemp Hearts:

I am 65 years old and passionate about my work, going from morning until midnight or later. No one I work with is able to sustain my pace and always ask how I do it. I tell them it's the hemp hearts. Over the 5 years of eating it, I have inspired the tough negotiators for the Teamsters UNION.

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Please describe your experiences regarding energy and Hemp Hearts:

Helps with energy --- M.S. causes fatigue.