

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 was feeling sluggish for quite some time due to a bowel problem and hemorrhoids. My sister had been taking Hemp Hearts and on a visit with me in 2006 she suggested I try them and left a container with me - it worked so well that I have been ordering them since and would in no way stop using them daily. I just feel better in every way.

Please describe any internal changes experienced relative to pain and tissue inflammation:

I have 1-3 bowel movements daily. My general health is good for my age. I have no more digestion, infection or excretion problems, no headaches, no bad sleep habits.

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

I started using hemp hearts - I was always hungry, fatigued - not well. I use hemp hearts with cereal everyday - which has curked my appetite - also my body does not ache all over - like before.

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

I'm a senior and have been taking Hemp Hearts for over 1 year. It gives me life I have more energy than some of the girls we have working for us which are only 19-26 years old.

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:

I HAVE MUCH MORE ENERGY, SLEEP BETTER AND OVERALL FEEL MUCH BETTER

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Please describe your experiences regarding energy and Hemp Hearts:

I do believe I feel better, healthier, and therefore have a better energy level when I eat hemp hearts regularly.

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Please describe your experiences regarding energy and Hemp Hearts:

I am now more energetic - working out at a gym - riding my bike & generally more active

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:

I had a fatigue problems for years before taking hemp and it has greatly improved my problem with fatigue.