

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

I seldom have bloating or leg pain - (as I have varicose veins). As a matter of fact I feel fantastic internally and it shows externally.

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:

- no longer feel famished
- no longer have that hunger low late afternoon.

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:

BECAUSE I AM EATING SMALLER PORTIONS THROUGHOUT THE DAY, I HAD INITIALLY LOST 10-12 POUNDS - & HAVE MAINTAINED THIS WEIGHT. MY REASON FOR TAKING HEMP HEARTS WAS NOT TO LOSE WEIGHT, BUT TO FEEL BETTER OVERALL!

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 have lost 10 to 12 pounds with the use of hemp hearts + regular exercise. This weight stays off too. I am now the size + shape I have wanted to be since child bearing.

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 AM A 52 YEAR OLD FEMALE WHO HAS BEEN ABLE TO MAINTAIN A 160 LB. WEIGHT LOSS FOR OVER 3 YEARS BY EATING HEMP HEARTS FOR BREAKFAST EACH DAY. MY HEALTH CONTINUES TO EXCEED MY EXPECTATIONS.

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:

Since April 2008 my skin has no wrinkles and I feel 43 not 73. 4 yrs old, and look 53. According to friends.

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 started Hemp Hearts because my diabetes was out of control. I wanted off my medications, increase my energy and give me a reason for living. I got all my wates + a bonus of losing 35 pounds. My night injections have dropped from 36 to 24 I.U.'s and day time from 3x10 down to 2x6 and my blood sugars are constant from 3.5-4.2 (before 15.8)

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:

I look forward to my daily Hemp Hearts and am thankful it has helped my focus, memory & decreased cravings for sweets in the morning or mid-afternoon.