

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:

your claim is correct : my skin does not dry out the way it use to.

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Please describe any external changes experienced with respect to skin and hair conditions:

I have good skin and hair conditions & I do give Hemp Hearts credit for it, although I am conscientious of what I eat.

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Please describe any external changes experienced with respect to skin and hair conditions:

I notice my hair & nails both grow faster and stronger while eating hemp hearts. My skin is clear and healthy.

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I seem to be very healthy regarding skin and hair conditions with no tissue inflammation

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Please describe any external changes experienced with respect to skin and hair conditions:

Using Hemp Hearts has had a positive impact on our nail, hair & skin health.

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Please describe any external changes experienced with respect to skin and hair conditions:

Since I am eating hemp hearts, my skin is not as dry as it used to be before eating hemp hearts.

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I have been taking Hemp Hearts for nearly a year and have noticed a difference in waste elimination, and the way my skin looks and feels. I am in my late 70's and the ageing spots are not as dark as they were, and my skin is not as dry because of the omega oil 3, 6 and 9.

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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:

We have been using Hemp Hearts for 3 years & have enjoyed better health, both digestive and positive effects on energy levels, and nail & hair health also improved.

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