

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:

WE FIND THAT OUR GENERAL HEALTH IS IMPROVED, SLUGGISHNESS, ENNUI AND LETHARGY ARE GONE. SKIN TONE & ELASTICITY IS GREATLY IMPROVED. THEY ARE TASTY, EASY TO USE (JUST SPRINKLE ON FOOD OR IN BEVERAGES) AND IMPROVE DIGESTION. I DO NOT WANT TO LOSE ACCESS TO THIS PRODUCT, WHICH IS ALSO VERY REASONABLY PRICED.

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NOTICE MY SKIN IS BETTER. I ALSO NOTICE THAT I AM NOT HUNGRY TILL WELL AFTERNOON.

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Yes - skin looks better and is less dry.

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I had a baby 9 months ago and found that after this baby I was able to lose the extra weight very steady & easily. My skin looks fine I never had a baby

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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 a very high energy level all day. I feel the Omega definitely helps me. My nails have improved, my complexion my skin over all.

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've used Hemp hearts for about 5 yrs. I noticed much more energy, am less hungry during the day and feel I'm getting good quality protein. I'm 69 yrs. of age, going on 49. My 50 yr. old sons look like they are my brothers, not sons.

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My skin and hair conditions ~~are~~ have improved!

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:

- definitely helps with wt loss, good skin and keeps you full.