

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:

- excellent for hair & skin

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My skin is better & my hair is healthier.

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Since I am taking hemp hearts, my very fragile, thin hair in front got thicker and is not so dry. My hairdresser also noticed the improvement of my hair condition. I am very happy about that - my main reason to stick with the hemp hearts.

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No change in hair but notice skin does not look dry as it used to.

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I SEE A GREAT IMPROVEMENT IN MY HAIR AND MY SKIN WHEN WE TAKE IT REGULARLY.

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Ever since we are on it we run a fair amount of time, our skin is in very good condition. Less wrinkles than most people our age.

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I used to lose a lot of hair every time I combed my hair, but since I used hemp hearts I don't lose hair any more. No problem with skin.

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Both my husband and I have healthy skin and hair. We do not look our age. My husband @ 72 has a full head of gray hair and I at 64 have healthy, thick hair.