

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:

My energy level has certainly improved
and am very happy with hemp hearts.

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 highly recommend this product
it has helped my health a lot.

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 am a senior. for a long time I've
had fatigue. unable to sleep properly
excessive stress. Hemp heart has help me
to gain some control over my life.

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 retired school teacher, 71 years old. I have used Hemp Hearts since July 2006. I was in very poor health (weight 296 lb, high cholesterol, G.E.R.D., a sluggish bowel, wheezed a lot, high blood pressure (169 over 99), going bald, painful arthritis and sore joints. In 2006, I had 5 mini strokes (T.I.A.'s & T.O.G.A.'s). I took Lipitor, Accupril, Pantoloc & was depressed. Hemp Hearts saved my life.

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Please describe your experiences with Hemp Hearts and any serious health condition:

Other than irregularity, blood pressure & Osteo arthritis,
I haven't had "Serious" health conditions. Hemp
Hearts have made a huge difference in my life.
Thank You for this wonderful product,

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Please describe your experiences with Hemp Hearts and any serious health condition:

HEMP HEARTS HAVE REALLY
HELPED WITH
THE TRANSITIONS OF MENO PAUSE!

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Please describe your experiences regarding energy and Hemp Hearts:

- I have had some serious health problems but hemp
hearts have helped me cope and my health is
improving & so is my energy level.

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Please describe your experiences regarding energy and Hemp Hearts:

definitely! my energy is consistent all day
my mind ~~is~~ is much more Awake & alert all day.