

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:

My whole family has been using your (Rocky Mnt Grain Products) Hemp heart since summer of 2008. We take on a daily Basis.

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 FIND THAT HEMP HEARTS GIVES ME LOTS OF ENERGY. I AM 76 AND BUILDING MY OWN HOUSE!

We advise customers that Hemp Hearts should be eaten for breakfast with unblended raw fruit and vegetables (no fruit for diabetics) so that the long fibers in these foods will knit wastes together to ensure that individuals are not too loose, but that they clean out thoroughly.

Please describe your experiences regarding digestive health and Hemp Hearts:

This is by far the best product that I have used to clean out wastes, thoroughly. I would recommend this, for this reason alone! It has done wonders for me.

Please describe changes to blood pressure indicative of changes in the elasticity of arteries:

My BP is very good and all my cholesterol levels, especially the HDL is very good. HtH has brought up the HDL and lowered the LDL, the triglyceride are out of this world 😊

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 do hope this product that I have used for three years will be continue to be available for health reasons.

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Please describe yourself and the length of time that you have been using Hemp Hearts:

I HAVED USED HEMP HEARTS FOR OVER TWO YEARS FOR THE ABOVE REASONS. I FEEL HEMP HEARTS HAVE HAD A DRAMATICALLY POSITIVE EFFECT ON MY HEALTH.

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Please describe your experiences regarding digestive health and Hemp Hearts:

*My ~~heart~~ health is good with Hemp Hearts im
~~g~~ / AM going To keep Taken it*

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Please describe yourself and the length of time that you have been using Hemp Hearts:

MY WIFE AND I ARE SENIORS IN OUR 70'S. WE'RE ALWAYS TRYING TO IMPROVE OUR HEALTH AND EATING HABITS. WE HEARD ABOUT HEMP HEARTS AND STARTED ORDERING 2 YRS. AGO WE LOVE THE HEARTS FOR BREAKFAST AND THE HEARTS AND OIL IN OUR SALADS. IT HAS MANY BENEFITS & WE CERTAINLY RECOMMEND IT TO OTHERS.