

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 am able to be an active senior.

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 have been using Hemp Hearts for about eight years now.

I am a very healthy female aged 78, average height & normal weight 5'4" ~ 125 lbs.

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

I am a senior and want to stay as pain free and healthy as possible. Hemp Hearts have helped in doing this in the 3-4 years I have been taking them.

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:

my skin is nice and clear and people say I look years younger than my 77 years.

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 have been using hemp hearts for at least eight years - I am 85 years old and in good health thanks to hemp hearts which I eat every morning with my cereal.

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:

My mother is 71 & has been taking hemp very faithfully. She has never had nice nails until taking hemp hearts. She actually has to cut her nails instead of them breaking -

Please describe any internal changes experienced relative to pain and tissue inflammation:

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 88 yrs old. feel very well. Have been taking Hemp Hearts approx. 3 years.

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 not trying to lose weight but am using Hemp Hearts for the protein content. I wanted to reduce animal proteins in my diet.