

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 lots of energy, I'm sure H.H.s. help along with healthy lifestyle such as exercise, fresh air, very much appreciate good sleep, good nourishing food. & good essential fatty acids, omega 3s.

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:

My system (body) works! feels better when I eat H.H. on a regular schedule. I know that if I don't eat them or skip a few days - I feel a little "off".

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:

Hemp Hearts are part of my daily diet they have enhanced my health. I need them - Gov't should regulate well enough
alone
Portland, Or

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 amazed that I have so much energy. I used to have to rest in the afternoons, but since taking Hemp Hearts, I have a lot of energy, and can keep going for ages.

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:

H. HEARTS GIVE ME THE ENERGY TO GET UP @ 6:30am & KEEP GOING EVERY NIGHT UNTIL 11:30pm TO MIDNITE - OCCASIONALLY LATER. SOMETIMES I HAVE TO FORCE MYSELF TO GO TO BED.

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 was feeling sluggish for quite some time due to a bowel problem and hemorrhoids. My sister had been taking Hemp Hearts and on a visit with me in 2006 she suggested I try them and left a container with me - it worked so well that I have been ordering them since and would in no way stop using them daily. I just feel better in every way.

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 on Hemp Hearts and have been feeling 100% better than I was before.

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 consuming Hemp Hearts for approximately 5 years. Not only did it increase my energy level, but I received an added and unexpected bonus. For years, I have had problems sleeping through the night. Once I started using Hemp Hearts, I noticed a significant change in my sleep habits. I no longer woke up several times each night and I was definitely not as restless during the night. At that time, there were no other changes in my life, so I can confidently attribute the Hemp Hearts to my now regular and peaceful sleep. This is very important to me and I would be very upset if this product were no longer available to me.