

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 used Hemp Hearts for about 2 years and find them beneficial.

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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 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:

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 have found that H. Hearts make me feel satisfied, solidly grounded and very satisfied in terms of appetite.

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:

As before the pain in my joints & muscles has ~~been~~ lessened. There is a problem with my immune system & the Hemp Hearts help.

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:

I HAVE AN ENLARGED PROSTATE.
I HAD VERY GOOD LUCK WITH KEEPING MY COLON EASY
WHICH IS VERY IMPORTANT WITH PROSTATE PROBLEMS.

I AM HAPPY WITH YOUR PRODUCT (TASTES GOOD)
HEMP HEARTS MADE A DIFFERENCE
TO MY OVERALL HEALTH

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

I have no pain or inflammation in my joints at all. Great product. If more people used it I am sure they would notice a big change in their health and energy levels.

2 We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day. Please describe your weight control experiences with Hemp Hearts:

My weight has remained stable and my overall health has greatly improved