

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 use 3 tablespoons in my cereal with  
4 fruits, and just feel good, I eat because  
it's time for me to eat

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:

no serious health problem to date but feel  
that that hemp hearts are preventative!

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:

GENERAL GOOD HEALTH BLOOD PRESURE EXCELLANT  
BEEN USING - H.H. I THINK 5 OR SIX YRS (77 YRS OLD)  
ENERGY GOOD. WEIGHT STABLE -  
HAIR AND SKIN GOOD

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 felt very good after eating Hemp

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:

APPETITE REDUCED . SUGAR READINGS GONE DOWN  
GOOD RESULTS ON YEARLY CHECKUPS

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

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 ~~health~~ health is good with Hemp Hearts. I'm ~~going~~ I AM going to keep taking it.

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 husband & myself are both fit & in good health. We have been using HH for about 8 years.