

## About Hemp Hearts™ (shelled hemp seeds)



HEMP HEARTS™ (shelled hemp seeds) are the Most Concentrated and Best Balanced Source of Proteins, Essential Fats and Vitamins in Nature.

Of equal importance, these desirable nutrients are not accompanied in HEMP HEARTS™ (shelled hemp seeds) with an excess of carbohydrates, sugars, and saturated fats-- nutrients which are already eaten in excess and which in the long term have proven to be challenging to human health.

**HEMP HEARTS™** (shelled hemp seeds) have been sold in increasing quantities through health food stores, health care professionals and especially to older individuals with chronic health problems. This product is priced and packaged to be eaten in quantity.

HEMP HEARTS™ (shelled hemp seeds) are made fresh daily and remain fresh until consumed because of marketing strategies that favor frequent small shipments and the generous use of free samples by our retailers.

Our customers have become our best sales agents - recommending HEMP HEARTS™ (shelled hemp seeds) to acquaintances with similar health problems.

Our supplier sells more shelled hemp seeds each day than many competitors sell each year - because of the many health benefits that customers experience by eating HEMP HEARTS™ (shelled hemp seeds) in quantity.

**BENEFITS**

**BENEFITS**

- People interested in preventative health and wellness
- Diabetics
- People with obesity
- People with chronic constipation Elderly individuals with chronic health problems
- People with high blood pressure
- Individuals on carb-reduced diets
- Individuals battling high cholesterol
- People with Celiac Disease
- People battling depression
- Pregnant and lactating mothers
- Children with hyperactivity disorders
- Read more about [Health Benefits of Hemp Foods >>](#)

Hemp Foods are Healing Foods: Amazing health and lifestyle benefits, often experienced from the first day, are a result of improved nutrition.

For more customer comments about Hemp Hearts™ (shelled hemp seeds) please visit <http://www.hemphearts.com>

---

### **EXPECT HEALTH AND LIFESTYLE BENEFITS FROM HEMP HEARTS™ (shelled hemp seeds) AS FOLLOWS:**

**ENERGY:** Expect sufficient energy to increase productivity and better enjoy life. You will not need energy boosts from coffee and other stimulants. You will naturally select less pastries, sweets, candy bars and sugar-based drinks.

Middle aged and older individuals who eat four measuring tablespoons of HEMP HEARTS™ (shelled hemp seeds) each morning, usually raw on fruit or oat meal, notice increased and long-lasting energy. One elderly lady reported that after her first use of HEMP HEARTS™ (shelled hemp seeds) she cleaned her entire house--the first time she had experienced abundant energy in 20 years. Another elderly lady who previously found little to value in her life remarked that after HEMP HEARTS™ (shelled hemp seeds) she often feels like dancing. Because of their increased energy, individuals eating HEMP HEARTS™ (shelled hemp seeds) in quantity have less inclination to "pep up" with sweet foods, sweet drinks and stimulants.

**WEIGHT:** Expect to be free of significant hunger until mid-afternoon. Depending on your health and weight, you may choose to miss lunch entirely. You may restrict yourself to a salad in the evening and lose up to one pound per day, 30 pounds per month. Or without hunger, you may often make later food choices for fruit, salads and vegetables knowing that with HEMP HEARTS™ (shelled hemp seeds) you have already consumed all of the essential fats, proteins and most vitamins and other nutrients necessary for promoting good health. With less hunger you will less frequently select starches and carbohydrates.

**APPETITE:** Except for those with diabetes and other conditions which require individuals to eat frequently, most of our customers eat four measuring tablespoons of HEMP HEARTS™ (shelled hemp seeds) early each morning. They frequently report that they are not hungry at lunch time--often only slightly hungry at three o' clock in the afternoon. If they are overweight, they can often skip lunch, eat a salad without dressing in the evening and lose up to one pound per day. Many of our customers report that they have been able to lose 50 pounds in two months. Those who use HEMP HEARTS™ (shelled hemp seeds) to lose weight are not inclined to regain this lost weight. Those who eat HEMP HEARTS™ (shelled hemp seeds) regularly experience much less hunger and are therefore less inclined to choose potatoes, pasta, bread and rice. They are more likely to eat fruit, vegetables and smaller meals.

**CRAVINGS:** Expect reduced cravings for foods with stimulants, sugars, starches and saturated fats. Often marketed effectively by multinational food giants, such foods in excess promote obesity, high cholesterol, high blood pressure, strokes, diabetes and increased susceptibility to cancer and a whole spectrum of diet-related and infectious diseases. A breakfast of HEMP HEARTS™ (shelled hemp seeds) is a concentrated and balanced source of all required proteins and essential fats: Satisfied by HEMP HEARTS™ (shelled hemp seeds) your body will not make insatiable demands that result in unhealthy food choices.

**DIGESTION:** Expect to be untroubled by constipation and less susceptible to intestinal diseases. HEMP HEARTS™ (shelled hemp seeds) is very easily digested by young and old. Important nutritional benefits are readily transferred to those not yet born. Coarse fibers and plant sterols found in HEMP HEARTS™ (shelled hemp seeds) are thought to reduce the risk of colon and prostate cancer. HEMP HEARTS™ (shelled hemp seeds) has none of the anti-nutritional factors that reduce the value of soybeans in many food items.

Customers report efficient digestive systems without sluggishness-- able to derive much more benefit from less food. Because they are so easily digested, customers claim that HEMP HEARTS™ (shelled hemp seeds) have cured or reduced the effects of chronic problems of the digestive system. There are no known allergies to HEMP HEARTS™ (shelled hemp seeds) . Because they are a well-balanced source of all required proteins, all essential fats and most vitamins, HEMP HEARTS™ (shelled hemp seeds) are of special benefit to those who are unable to eat gluten, lactose, sugar, fish, nuts, meat and other common foods.

**FOOD INTOLERANCE:** Expect none of the symptoms of food allergies. HEMP HEARTS™ (shelled hemp seeds) is especially beneficial to those who are unable for any reason to eat gluten, lactose, saturated fats, sugars, meats, nuts, fish, beans, etc. Using HEMP HEARTS™ (shelled hemp seeds) it is not difficult to achieve an exciting and nutritionally superior diet without consuming foods associated with food allergies or prohibitions. There is no THC in HEMP HEARTS™ (shelled hemp seeds) -- not even one part per million.

**CELLULAR HEALTH:** Expect many long-term health benefits. Because HEMP HEARTS™ (shelled hemp seeds) is one of the best balanced sources of Omega 3 and Omega 6 essential fatty acids, because HEMP HEARTS™ (shelled hemp seeds) contains only small amounts of saturated and mono-unsaturated fats which can be easily converted to energy, and because HEMP HEARTS™ (shelled hemp seeds) is also an unsurpassed source of the whole spectrum of required proteins, it promotes vigorous cellular development with diverse health benefits:

- Expect reduced cholesterol and blood pressure after three months -- with decreasing probability of stroke.
- Expect a reduction in the inflammatory characteristics of many hundreds of diseases.
- Expect a more rapid recovery from disease, from radiation treatment and from injury.
- Expect improvement in circulation: Diabetics may notice warmer, then less discolored, feet.
- Expect a more effective immune system with reduced incidence of all types of disease.

**LIFESTYLE:** Expect HEMP HEARTS™ (shelled hemp seeds) to make Living Easy: HEMP HEARTS™ (shelled hemp seeds) provides great energy, permits weight control without hunger, reduces cravings for inappropriate foods and promotes extensive health benefits, but HEMP HEARTS™ (shelled hemp seeds) also eliminates any need to be a "food fanatic". Consume the essential nutrients each morning when your body needs "fuel"; Reduce your daily consumption of non-essential sugars, saturated fats and carbohydrates. Don't be confused by those who market high priced products by creating fears about the conventional food industry and who develop and perpetuate obsessions relative to "natural" packaging, "organic" preparations and esoteric biochemistry.

Be adaptable: By adding sufficient HEMP HEARTS™ (shelled hemp seeds) , it is possible to make truly beneficial foods out of much less nutritious food choices. HEMP HEARTS™ (shelled hemp seeds) is a food ? not a medicine ? but it may be important for certain individuals to have dietary changes monitored by a doctor.

---

**CLINICAL STUDIES:** *Analysis indicates that HEMP HEARTS™ (shelled hemp seeds) are unmatched in Nature for their balance of all required proteins, all essential fats and most vitamins. Analysis also indicates that these beneficial nutrients are concentrated in HEMP HEARTS™ (shelled hemp seeds) with minimal quantities of carbohydrates, saturated fats and sugar. Many clinical studies demonstrate the importance of these proteins and essential fats. Many other studies associate excessive quantities of sugar, saturated fats and carbohydrates with chronic disease. There are also many clinical studies that indicate that hemp products are effective in reducing inflammation and improving circulation -- factors of importance in the cure and prevention of disease. A large percentage of our older customers have selected HEMP HEARTS™ (shelled hemp seeds) in desperation because of failing health: Within three months they often experience significant improvements in cholesterol and blood pressure. Diabetics, especially, report that circulation improves, often to the extent that they no longer fear losing their feet. The inflammatory characteristics of many chronic diseases, particularly arthritis, are often much reduced. Various disorders of the digestive system are also often much improved. The experiences of our customers are consistent with the magnitude of clinical studies that relate to these issues. Many health care professionals have tried HEMP HEARTS™ (shelled hemp seeds) and are having success with their patients. Most of these professionals attribute their success to the superior balance of proteins and essential fats in HEMP HEARTS™ (shelled hemp seeds) and to the relative absence of sugar, carbohydrates and saturated fats.*

For more customer comments about Hemp Hearts™ (shelled hemp seeds)

please visit <http://www.hemphearts.com>

[Read more about Health Benefits of Hemp Foods >>](#)

**[ORDER NOW](#)**

---

**NUTRIENTS**  
**NUTRIENTS**

**HEMP HEARTS™ (shelled hemp seeds)**

- More required amino acids (proteins) than milk, meat or eggs.
- A complete protein source – more balanced and digestible than Soy.
- Contains about 47% oil, 78% of which is Omega or Essential Fats.
- Contains all the Essential or Omega Fats required for human health.
- Contains several times more Omega 3 Essential Fats than any fish.
- More energy than energy bars but with no sugar and less saturated fat.
- Suitable for those unable to eat Gluten, Sugar, Milk, Nuts and Meat.
- Perfect for those with constipation and those avoiding carbohydrates.



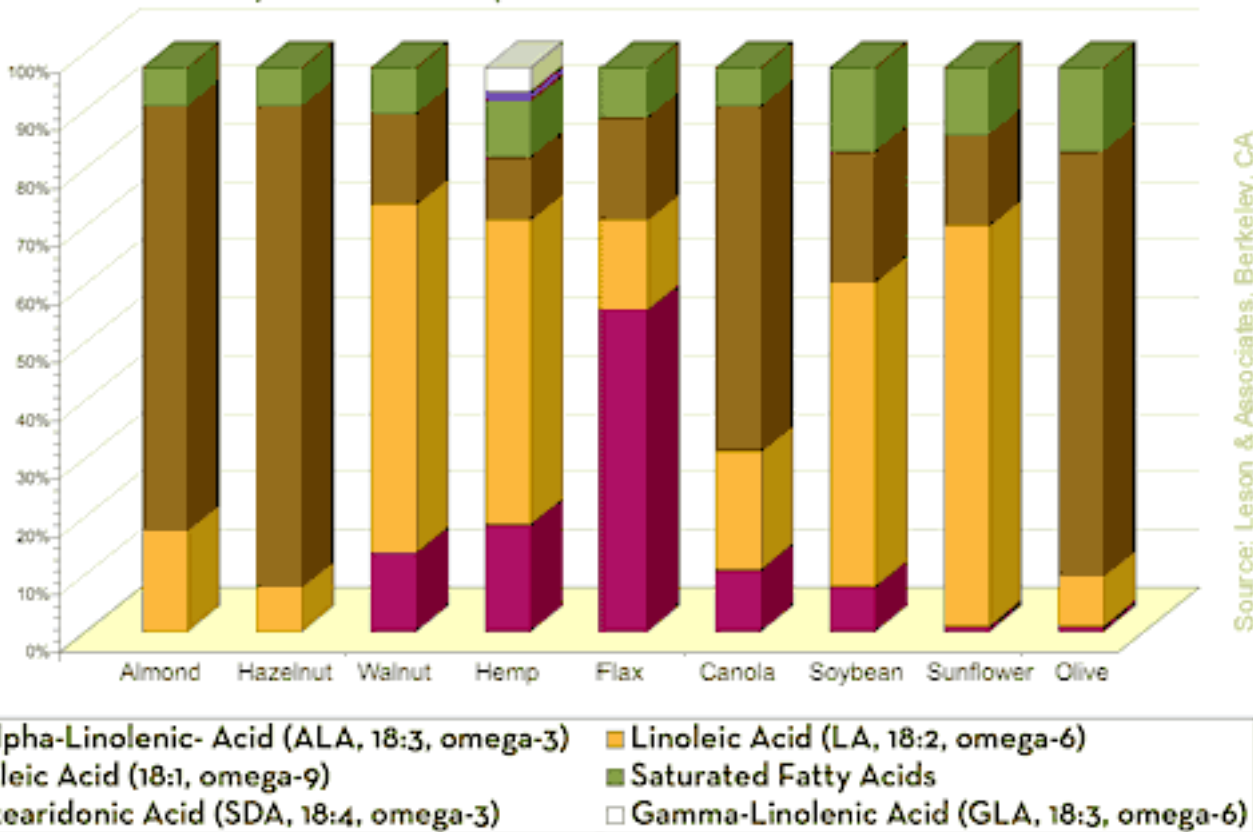
*100% Shelled Hemp Seeds.  
Other ingredients: none.  
Gluten free.*

**A 42 gram (4 heaping tablespoons) serving of HEMP HEARTS™ (shelled hemp seeds) contains 240 calorie energy from:**

- 15 g. protein
- 15 g. polyunsaturated fats (11.4 g. omega 6 and 3.6 g. omega 3)
- 2.7 g. mono-unsaturated fats
- 2.1 g. of saturated fats
- 2.5 g. fiber
- 4.5 g. carbohydrates
- 2 mg. iron
- 31 mg. calcium
- 3.8 mg. sodium
- 3.8 mg. vitamin E
- 956 IU vitamin D
- .42 mg. vitamin C
- .05mg. vitamin B6
- .14mg. vitamin B2
- .58 mg. vitamin B1
- 1.68 IU of vitamin A



## Fatty Acid Composition of Nut and Seed Oil



### HEMP HEARTS™ (shelled hemp seeds) ARE ABOUT 1/2 OIL AND 1/3 PROTEIN -- FOR CELLULAR HEALTH AND ENERGY:

- Greatly exceeds most energy bars for energy and provides this energy in a better form - not sugar and saturated fats.
- Greatly exceeds most energy bars for protein and provides a complete spectrum of vital, natural proteins.
- Four tablespoons HEMP HEARTS™ (shelled hemp seeds) (42 g), enough for a meal on cereal, fruit, yoghurt or salad, contains 240 cal energy.
- Contains 15 g essential fats (11.4 g Omega 6 and 3.6 g Omega 3), 2.7 g mono-unsaturated fat and 2.1 g saturated fat.
- Serving also contains 15 g protein, 2.5 g fiber, 4.5 g carbohydrates, many natural vitamins and minerals--no cholesterol.

### CONTAINS ALL THE REQUIRED PROTEINS IN THE BEST PROPORTIONS FOR HUMAN NUTRITION:

- More digestible protein than meat, whole eggs, cheese, human milk, cows milk or any other high protein food.
- Better spectrum of available proteins than soybeans--without the soybean anti-nutritional factors.
- An excellent protein product for everyone - mothers, babies, body builders, convalescents, the elderly.
- Can be eaten by those unable to tolerate nuts, gluten, lactose or sugar; there are no known allergies to hemp foods.

### THE OIL COMPONENT CONSISTS OF PREFERRED RATIOS OF ALL ESSENTIAL FATTY ACIDS (EFA'S):

- With 78% essential fats, hemp oil greatly exceeds soy oil at 40%, canola oil @30%, olive oil at 10% and other oils.
- Hemp oil contains more "Omega 3" EFA components (19%) than are found in any fish and in most fish-oil supplements.
- Omega 3 and Omega 6 essential fats may reduce cholesterol, blood pressure, coronary heart disease and stroke.
- The ratio of Omega 6 to Omega 3 EFA's in hemp oil is thought to be the best in nature for promoting cellular health.
- Hemp foods reduce inflammation and benefit those with arthritis, cardiovascular disease, psoriasis--even tuberculosis.
- By improving circulation and reducing inflammation, hemp products may be particularly beneficial for diabetics.
- As a rare source of GLA, hemp foods may be beneficial to those too ill to synthesize this EFA from other fats.
- Hemp oil contains plant sterols which may reduce the risk of colon and prostate cancer.

**COMPARABLE TO "ORGANIC" OUR PRODUCTS ARE "IDENTITY PRESERVED":**

- Products can be traced back to their growers.
- Lab certificates guaranteeing the absence of contaminants.
- Nothing has been added to HEMP HEARTS™ (shelled hemp seeds): Nothing has been removed but the shell.

**BEWARE OF OVERPRICED AND STALE OR INACCURATELY DESCRIBED, INFERIOR HEMP PRODUCTS:**

- Our Products are made fresh daily and reasonably priced to encourage incorporating into daily diet.
- Our Products contain a natural antioxidant (Vitamin E) that keeps them fresh for many months at room temperature.
- Beware of hemp protein and hemp flour (largely shells) made from waste by-products after oil was removed from whole seed.

**ORDER NOW**

For more customer comments about Hemp Hearts™ (shelled hemp seeds) please visit <http://www.hemphearts.com>

---

**DIRECTIONS**

**DIRECTIONS**

*Four heaping tablespoons (42 g) raw HEMP HEARTS™ (shelled hemp seeds) daily and best taken at breakfast, on cereals and grains or in smoothies and shakes. Otherwise HEMP HEARTS™ (shelled hemp seeds) may be incorporated into all meals.*

**There are many ways to take HEMP HEARTS™ (shelled hemp seeds)**

However, to get optimum benefit from your HEMP HEARTS™ (shelled hemp seeds), it is recommended that you consume them in the morning with, or as your morning meal. Here are some of the most popular ways many of our customers are taking their HEMP HEARTS™ (shelled hemp seeds) :

- Sprinkle them on your oatmeal or mix them into your cereal at breakfast.
- Mix them in with your fruit salad or in your yogurt at breakfast.
- If you have a protein shake as your morning meal, blend your HEMP HEARTS™ (shelled hemp seeds) in with your shake. (my personal preference)
- Blend them in with your Hemp Oil to make a nice tasty salad dressing.

- Some of our customers eat them straight from the spoon.
- Spread them over your morning toast.
- Sprinkle them into your salad.
- Incorporate them into your home baking. Check out our recipe page for some tasty baked goods with HEMP HEARTS™ (shelled hemp seeds) in them.
- Put them in your homemade granola.
- Find your own creative way to incorporate HEMP HEARTS™ (shelled hemp seeds) and/or hemp oil into your everyday cooking practices.
- NEW [What Should Be Eaten With Hemp Hearts™ \(shelled hemp seeds\)? >>](#)

### **Get maximum benefit from your HEMP HEARTS™ (shelled hemp seeds)**

Our recommended minimum daily intake of HEMP HEARTS™ (shelled hemp seeds) is a 42 grams (4 heaping tablespoons) serving. Larger individuals or those suffering with chronic health conditions such as arthritis, high blood pressure, high cholesterol, cardio vascular disease, acne, eczema, psoriasis, diabetes, circulation problems, intestinal problems, constipation, obesity or prostate problems (to name a few) may want to consider taking 55 grams (5 to 6 heaping tablespoons) a day.

Take at least most of your daily intake of HEMP HEARTS™ (shelled hemp seeds) first thing in the morning. This helps reduce cravings for sweets and carbohydrates throughout the rest of your day. In addition, efforts to reduce if not eliminate foods that contain sugars, starches, flour, pasta, potatoes and rice from your daily diet will drastically improve your benefits from HEMP HEARTS™ (shelled hemp seeds) .

Reducing or eliminating these unnecessary and unhealthy foods from your diet and replacing them with HEMP HEARTS™ (shelled hemp seeds) , a perfect and natural blend of proteins, essential fats (Omega 3 & 6), vitamins, calcium and enzymes, is a great first step in your journey to improved health and quality of life.

[What Should Be Eaten with HEMP HEARTS™ \(shelled hemp seeds\) ?](#)