

FACTS ABOUT HEMP HEARTS (Shelled Hemp Seeds) FOR HEALTH CARE PROFESSIONALS

For the past three years we have been selling increasing quantities of Hemp Hearts (shelled hemp seeds) to health food stores, to health care professionals and to older individuals with chronic health problems. Unlike our competitors, we price and package our shelled hemp seeds to be eaten in quantity--even by those on fixed incomes. Our products 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 to acquaintances with similar health problems. We sell more shelled hemp seeds each day than many competitors sell each year-- because of the many health benefits that our customers experience by eating Hemp Hearts in quantity.

ENERGY: Middle aged and older individuals who eat four measuring tablespoons of Hemp Hearts 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 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 she often feels like dancing. **Because of their increased energy, individuals eating Hemp Hearts in quantity have less inclination to "pep up" with sweet foods, sweet drinks and stimulants.**

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 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 to lose weight are not inclined to regain this lost weight. **Those who eat Hemp Hearts 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.**

DIGESTION: 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 have cured or reduced the effects of chronic problems of the digestive system. **There are no known allergies to Hemp Hearts. Because they are a well-balanced source of all required proteins, all essential fats and most vitamins, Hemp Hearts are of special benefit to those who are unable to eat gluten, lactose, sugar, fish, nuts, meat and other common foods.**

CLINICAL STUDIES: Analysis indicates that Hemp Hearts 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 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 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 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 and to the relative absence of sugar, carbohydrates and saturated fats.**

FACTS ABOUT HEALTH AND NUTRITION

ARE YOU CONCERNED ABOUT YOUR HEALTH? ABOUT HIGH CHOLESTEROL, HIGH BLOOD PRESSURE OR POTENTIAL HEART DISEASE? ABOUT POOR CIRCULATION-POSSIBLY RESULTING FROM DIABETES, POSSIBLY RELATED TO THE INFLAMMATION OF VEINS AND ARTERIES THAT HAVE LOST ELASTICITY? DO YOU SUFFER FROM THE INFLAMMATORY ASPECTS OF ARTHRITIS OR OTHER DISEASES? ARE YOU CONCERNED THAT A SLUGGISH DIGESTIVE

SYSTEM MAY LEAD TO INTESTINAL DISEASE? ARE YOU CONCERNED ABOUT YOUR WEIGHT OR YOUR LACK OF RESISTANCE TO INFECTIOUS DISEASE? DO YOU NEED MORE ENERGY?

IF YOU ARE MIDDLE-AGED OR OLDER AND IF YOU HAVE NOTICED THAT YOUR HEALTH IS DETERIORATING GRADUALLY, YOU ARE PROBABLY EATING TOO MUCH CARBOHYDRATES, TOO MUCH SUGAR AND TOO MUCH SATURATED FAT. AN EXCESS OF POTATOES, PASTA, BREADS AND RICE, OFTEN SWEETENED OR CONSUMED WITH SATURATED FATS, USUALLY RESULTS IN DIETS LOW IN FRUITS, VEGETABLES, PROTEINS AND ESSENTIAL FATS (OMEGA 3 AND 6) AND USUALLY RESULTS IN ANY OF MANY DIFFERENT FORMS OF PREMATURE HEALTH FAILURE.

IF YOU WAIT UNTIL YOUR DOCTOR FINALLY DIAGNOSES YOU WITH DIABETES, MULTIPLE SCLEROSIS, CELIAC DISEASE, OBESITY, HIGH BLOOD PRESSURE, HEART DISEASE--OR ANY LATE ONSET HEALTH CONDITION, HE WILL TELL YOU TO EAT LESS SUGAR, LESS CARBOHYDRATES AND LESS SATURATED FATS--BUT EAT MORE PROTEIN AND ESSENTIAL FATS.

IMPROVE YOUR LIFE NOW: A BREAKFAST OF FOUR HEAPING TABLESPOONS OF HEMP HEARTS (shelled hemp seeds), USUALLY EATEN RAW ON FRUIT OR OAT MEAL, WILL CHANGE YOUR LIFE AND NOTICEABLY BENEFIT YOUR HEALTH--FROM THE FIRST DAY. (Modify serving sizes and meal frequencies for diabetics and others with special needs)

FACTS ABOUT HEMP HEARTS

HEMP HEARTS™ 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 (42 g), enough for a meal on cereal, fruit, yogurt 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, old folks.
- 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 @ 40%, canola oil @30%, olive oil @ 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":

- Our products can be traced back to their growers.
- We can provide lab certificates guaranteeing the absence of contaminants
- Nothing has been added to Hemp Hearts: Nothing has been removed but the shell.

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

Our products are made fresh daily, priced to sell quickly and shipped in small lots by courier as required.

Our products contain a natural antioxidant (Vitamin E) that keeps them fresh for many months at room temperature.

Beware of **hemp protein & hemp flour** - largely shells-made from waste by-products after oil was removed from whole seed

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.

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 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.

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 is a concentrated and balanced source of all required proteins and essential fats: Satisfied by Hemp Hearts 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 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 are thought to reduce the risk of colon and prostate cancer. Hemp Hearts has none of the anti-nutritional factors that reduce the value of soybeans in many food items.

FOOD INTOLERANCE: Expect none of the symptoms of food allergies. Hemp Hearts 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 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--not even one part per million.

CELLULAR HEALTH: Expect many long-term health benefits. Because Hemp Hearts is one of the best balanced sources of Omega 3 and Omega 6 essential fatty acids, because Hemp Hearts contains only small amounts of saturated and mono-unsaturated fats which can be easily converted to energy, and because Hemp Hearts 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 to make Living Easy: Hemp Hearts provides great energy, permits weight control without hunger, reduces cravings for inappropriate foods and promotes extensive health benefits, but Hemp Hearts 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, it is possible to make truly beneficial foods out of much less nutritious food choices. Hemp Hearts is a food – not a medicine – but it may be important for certain individuals to have dietary changes monitored by a doctor.

FACTS ABOUT FATS, OILS AND NUTRITION

POPULATION STUDIES INDICATE THAT THERE IS NO HEALTH BONUS DERIVED FROM EATING SATURATED FATS (coconut oil & animal fats) OR MONO-UNSATURATED FATS (olive oil & soybean oil). Of course these oils have nutritional value, but those who eat them regularly do not have better health than those who eat other oils

POPULATION STUDIES FROM ICELAND PROVE THAT THOSE WHO EAT COOKED PROTEIN FOODS DAILY (FISH) CONTAINING TINY PERCENTAGES OF ESSENTIAL FATS (OMEGA 3 & 6) ARE UNLIKELY TO GET HEART DISEASE.

POPULATION STUDIES FROM MARITIME REGIONS IN WHICH COOKED FISH ARE EATEN DAILY INDICATE THAT A RELATIVELY HIGH PERCENTAGE OF THESE INDIVIDUALS LIVE HEALTHY LIVES BEYOND 100 YEARS.

CLINICAL STUDIES INDICATE THAT SUBTLE HEALTH BENEFITS ARE DERIVED FROM SUPPLEMENTING NORMAL DIETS WITH SMALL QUANTITIES OF HIGHLY CONCENTRATED OMEGA 3 ESSENTIAL FATS (flax and fish oils).

ALTHOUGH IT IS WELL-ESTABLISHED THAT HUMANS REQUIRE ESSENTIAL FATS (OMEGA 3 & 6) DAILY, STUDIES OF CANADIANS INDICATE THAT THOSE WHO EAT LARGE QUANTITIES OF ESSENTIAL FATS (canola oil) WITH CARBOHYDRATES DO NOT EXPERIENCE A HEALTH BONUS FROM THESE ESSENTIAL FATS.

IT IS LOGICAL TO CONCLUDE THAT THE ESSENTIAL FATS (OMEGA 3 & 6) THAT ARE REQUIRED FOR GOOD HEALTH NEED NOT BE UNHEATED. IT IS BEST THAT THESE ESSENTIAL FATS ACCOMPANY PROTEIN FOODS.

MANY OF OUR CUSTOMERS REPORT THAT THEY HAVE USED ESSENTIAL FAT SUPPLEMENTS FOR MANY YEARS, BUT THE HEALTH BONUS THEY EXPERIENCE FROM EATING HEMP HEARTS IS PROFOUND IN COMPARISON.

BECAUSE OF ITS BALANCE AND VERSATILITY, CLEAR HEMP OIL IS THE MOST PERFECT OF VEGETABLE OILS.

Properly used, Clear Hemp Oil can promote the same health and lifestyle benefits as Hemp Hearts: Made from only the inner parts of the hemp seed, it is higher in essential fats (omega 3 & 6) than other oils, yet lowest in undesirable saturated and mono-unsaturated fats. Although it does not have the protein of Hemp Hearts, many other high-protein foods and many valuable non-protein foods can be enhanced nutritionally by preparing them with Clear Hemp Cooking and Salad Oil. Be prepared for some of these practices to challenge "food myths" created by those making dirty and unstable oils.

THE NUTRITIONAL CHALLENGE: The nutritional challenge is to obtain all of the nutrients essential for health with few of the nutrients that detract – to obtain protein, vitamins, minerals and essential fats with less of the sugars, carbohydrates and saturated fats which may lead to obesity and poor health. Eating Hemp Hearts with fruit and vegetables will provide all of the positives with no negatives; Clear Hemp Cooking and Salad Oil can be used to improve the nutritional values of fruit, vegetables and protein foods.

SALADS: Clear Hemp Cooking and Salad Oil makes omega-enriched salads and reduces the use of undesirable alternatives. Salads are usually made of quite nutritious vegetables, but then doused with dressings made of saturated fats, mono-unsaturated fats and sugars. Many salad oils are tasty, but one should not be confused by "virgin", "extra-virgin", "organic", "cold pressed" and other prefixes into thinking that special preparations can make any oil less saturated or less mono-unsaturated. Olive oil always has a fatty acid profile that is nutritionally inferior to canola oil. Because coconut oil is "firm" at room temperature, it has usefulness in many prepared foods and dressings, but no special preparation will make it less than 88% saturated fat-- twice as saturated as pork lard.

FRIED VEGETABLES: Clear Hemp Cooking and Salad Oil can greatly enhance the nutritional characteristics of any stir-fry. Those who are making unstable flax-based oils or green hemp oils which are unsuitable for cooking because they contain protein sludges, moisture-based slimes and dominant tastes have created the myth that all polyunsaturated oils can not be used for cooking. Their oils are not suitable for cooking, but they choose to ignore scientific studies that prove that there is no deterioration of omega qualities in heated hemp oil and no formation of trans-fatty acids in heated hemp oil unless cooking times and temperatures greatly exceed those characteristic of normal cooking. Our Clear Hemp Cooking and Salad Oil is sparkling clean. It will not affect the taste of cooked food and will not deteriorate with normal cooking – even many short periods of deep frying. Vegetables fried with Clear Hemp Cooking and Salad Oil make nutrient contributions which complement the proteins, vitamins, minerals and essential fats supplied by Hemp Hearts.

OTHER COOKED FOODS: Most of the critical portion of any daily nutritional requirement can be met with a breakfast of four tablespoons of Hemp Hearts: But as an individual becomes satisfied relative to health and weight, there are more frequent opportunities for some less than perfect nutritional choices--choices that may be made for social reasons or simply for increasing the enjoyment of life. Many imperfect foods can be greatly improved if made with our Clear Hemp Cooking and Salad Oil. Some baked and fried items will be immensely improved if they are made with omega-rich hemp oil rather than saturated fats. Clear Hemp Cooking and Salad Oil has an important role in keeping food interesting and life exciting.

RECIPES FOR USING HEMP HEARTS™: ENRICH AND ENHANCE YOUR FAVORITE FOODS

SHAKES, FRUIT SMOOTHIES AND HEMP MILK: Blend 1/3 cup Hemp Hearts with 2/3 cup water on high speed for 2 minutes; Add 1/3 cup frozen berries and continue blending. Can be sweetened to taste. Without fruit make hemp milk for many uses.

HOT OR COLD CEREALS: Top your favorite hot or cold cereal with four heaping tablespoons of raw Hemp Hearts. Enjoy the great nutty taste. You will discover tremendous energy and will have no hunger for many hours.

SALADS, PITAS AND SANDWICHES, DESSERTS AND ICE CREAM: Sprinkle Hemp Hearts on top or mix throughout. Use plenty to enhance flavor, texture and nutritional value. Blend with other ingredients to make superior spreads and dressings

STIR-FRY: Add Hemp Hearts generously and mix throughout shortly before serving. Sprinkle on top after serving.

LASAGNE: Add layers of Hemp Hearts to cover layers of meat or cheese before baking.

ROASTING MEATS: Make coatings and basting sauces mostly with Hemp Hearts and apply them before and while cooking. Use in stuffings and dressings with other ingredients for added flavor and improved nutritional value.

BREADS, SQUARES AND PASTRIES: Reduce some flour and some oil in any recipe and substitute some Hemp Hearts. Brush breads with egg white and sprinkle with Hemp Hearts before baking.

SHANNON'S FAMOUS HEMP CRISPS: Add 2/3 cup brown sugar and one beaten egg to 1/2 cup cooled melted butter and blend well. Mix 1/2 cup flour, 1 tsp. cinnamon and one cup Hemp Hearts separately. Add the dry mix to the butter mix. Spoon drop on a lightly greased cookie sheet and bake at 350 F for about 7 minutes or until the edges are very crispy.

Notice To US Residents Regarding Hemp Hearts and Clear Hemp Cooking and Salad Oil

Although our hemp products do not contain a single part per million THC (a psychoactive ingredient), USFDA previously attempted to terminate the use of all hemp food products in the US by claiming that hemp food products are hazardous because of THC. This issue has been before a US Court for several years. The US Court has not yet made a final, definitive judgment on the issue, but it has temporarily ruled that USFDA can not prevent the importation and use of hemp food products.

In Canada, Hemp Hearts (shelled hemp seeds) have proven to be of great benefit, especially to older individuals who have damaged their health by eating too much starch and carbohydrates, too much sugar and too much saturated fat--for too many years. Customers report that a breakfast of fruit or oat meal topped with four heaping tablespoons of raw Hemp Hearts provides sufficient long lasting energy that there is no craving for sweet foods and drinks later. Customers report that after a satisfying breakfast of Hemp Hearts they are not yet hungry at lunch time and they are much less likely to choose potatoes, breads, pastas, rice and other carbohydrate "fillers" later in the day. When they wish to lose weight quickly, customers discover that they are easily able to limit their evening meal to small quantities of fruit or vegetables and thereby lose up to one pound per day. Within three months, individuals often experience amazing improvements relative to cholesterol, circulation, blood pressure and cardiovascular health. They notice a reduction in the inflammatory aspect of most diseases, including arthritis. Hemp Hearts are easily digestible by everyone and especially beneficial for those unable to eat gluten, sugar, lactose, saturated fats, fish, meat, nuts, etc. Customers report efficient, healthy digestive systems, less sluggish and less prone to disease. Customers are better able to rebuild their bodies after serious injury, disease or invasive medical procedures and they report better long term resistance to infectious disease.

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 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 are not a medicine: Amazing health and lifestyle benefits, often experienced from the first day, are a result of improved nutrition.

Thank you for your interest in our products. We hope that by using our products you will improve your health and lifestyle--greatly increasing your productivity. You will be able to save money by reducing your expenditures for groceries, supplements and medicines.