

**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 do have energy that I never had before.

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Please describe your experiences regarding energy and Hemp Hearts:**

This also is true. I'm not sure if it's just a mind over matter, I do have a lot of energy.

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Please describe your experiences regarding energy and Hemp Hearts:**

I have lots of energy & do use hemp in yogurt & with hemp cookies (no bake)

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Please describe your experiences regarding energy and Hemp Hearts:**

We feel it is excellent.

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Please describe your experiences regarding energy and Hemp Hearts:

Every one I know envies my level of energy. I manage a motel during the summer & have lots of energy for my 5 grandchildren.

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Please describe your experiences regarding energy and Hemp Hearts:

My husband is 81 yrs old and is very active and has super energy. However I do have that...

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Please describe your experiences regarding energy and Hemp Hearts:

I am not lacking in energy considering I am 73.

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Please describe your experiences regarding energy and Hemp Hearts:

I do not have the 3 o'clock slump where I'm tired if I have eaten them in the morning.