

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've noticed a significant difference in Energy levels. On days when I cannot eat the Hemp Hearts, I seem to crave more caffeinated beverages to stay alert. If I eat them too late in the day I can have trouble falling asleep.

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Please describe your experiences regarding energy and Hemp Hearts:

I have greater energy now that I'm off the sugar roller coaster.

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Please describe your experiences regarding energy and Hemp Hearts:

a light salad for lunch is normally all I eat. For the normal day to day I have plenty of energy.

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Please describe your experiences regarding energy and Hemp Hearts:

- A more sustained & constant energy throughout the whole day - come evening time, a light snack will suffice.

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Please describe your experiences regarding energy and Hemp Hearts:

When I am going into the mountains for the day I am certain to have a good breakfast of granola, yogurt and H♥  
I am rarely hungry for a large lunch to keep me going.  
My stamina is definitely increased - especially compared to my non H♥ companions

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Please describe your experiences regarding energy and Hemp Hearts:

If I forget to take it for a couple days or get busy and maybe out of town and not in normal routine. By the second or third day I am dragging my feet and feel like a nap in the afternoon.

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Please describe your experiences regarding energy and Hemp Hearts:

No longer feel like napping after lunch  
in am & throughout day very energized

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've been taking hemp hearts for three years for breakfast every morning and I have no problems with missing a meal at lunch time, and I have energy to burn.