

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:

Have excess energy. Walk 45 min per day or more.
Am able to mow my lawn, garden & do all home maintenance required.

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:

Yes, I agree with your analysis on energy. I have found it to be so. Weight reduction is also happening. Down some 5-7 lbs in a month.

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Please describe your experiences regarding energy and Hemp Hearts:

I would say the above is quite true, I will start taking another 2 tablespoons at lunch time

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Please describe your experiences regarding energy and Hemp Hearts:

I HAVE NOTICED THAT MY ENERGY LEVEL LASTS ALL DAY- IF I BEGIN TO FEEL LOW ON ENERGY I WILL HAVE A SMALL FRUIT AND HEMP HEART MILK SHAKE-
WHEN MAKING BREAD OR OTHER BAKING I USE HEMP HEART MILK.

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Please describe your experiences regarding energy and Hemp Hearts:

I found that I can go longer without getting tired.

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Please describe your experiences regarding energy and Hemp Hearts:

I did find that my energy level increased from using Hemp Hearts.

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Please describe your experiences regarding energy and Hemp Hearts:

I used to have a nap every afternoon but since ~~to~~ taking hemp hearts I don't have to, also daily exercise helps too.

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HE'S STILL WORKS PARTIME, good ENERGY