

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 find I have Plenty of Energy everyday while using Hemp Hearts I use 4 heaping tablespoons  
Ros

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Please describe your experiences regarding energy and Hemp Hearts:

I am not overweight, but I have lots of energy, and I am very active.

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Please describe your experiences regarding energy and Hemp Hearts:

HEMP HEARTS GIVES ME SO MUCH HEALTHY ENERGY THAT I AM ABLE TO PARTICIPATE IN AT LEAST 3 AQUAFIT CLASSES A WEEK, AND STILL BE ABLE TO KEEP UP WITH MY WORK AT HOME WHICH ALSO INCLUDES GARDENS, A LARGE YARD AND BIG HOUSE.

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Please describe your experiences regarding energy and Hemp Hearts:

My energy level has really increased.

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Please describe your experiences regarding energy and Hemp Hearts:

Hemp hearts give me amazing energy which keeps me going for several hours.

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Please describe your experiences regarding energy and Hemp Hearts:

it gives me more power  
for Bolfing

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Please describe your experiences regarding energy and Hemp Hearts:

Energy has definitely increased

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Please describe your experiences regarding energy and Hemp Hearts:

Energy has definitely increased by eating the hemp hearts. I don't feel sluggish. I look forward to my hemp hearts each morning.