

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:

My energy level is great since I have been taking Hemp Hearts. I tell other people that it boosts my spirits & they should try it.

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 living with cancer since 2001 and have taken hemp (ground up) for the last 5 years. I find it gives me energy to get through the days.

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:

When I use the hemp hearts I do not feel hungry or irritated as I would with regular food. The hemp hearts fill and does not make me feel full & tired. It gives me a light tummy feeling and no tiredness.

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Please describe your experiences regarding energy and Hemp Hearts:

I have had some serious health problems but hemp hearts have helped me cope and my health is improving & so is my energy level.

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Please describe changes to blood pressure indicative of changes in the elasticity of arteries:

Blood pressure is ^{now} normal and I'm more relaxed!

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Please describe your experiences regarding energy and Hemp Hearts:

SEE ABOVE ALSO NOTICED THAT IF I SKIP AM. USE THAT I FEEL SLUGGISH AND NOTICEABLY LESS ALERT

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Please describe your experiences regarding energy and Hemp Hearts:

MY OVERALL ENERGY HAS IMPROVED TREMENDOUSLY - BOTH MENTALLY & PHYSICALLY

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Please describe your experiences regarding energy and Hemp Hearts:

I know that I have more energy and am enjoying my activities now