

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:

They really provide physical and mental energy required to get through my mornings and sometimes till dinner

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Please describe your experiences regarding energy and Hemp Hearts:

Hemp Hearts for breakfast will allow me not only to have lots of energy all day, but also I feel happier and my concentration level is higher.

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Please describe your experiences regarding energy and Hemp Hearts:

I find this to be true for myself. I have a lot of energy & a clear head. I have a 16 yr. son who is a National Trampoline & Tumbling gymnast. He uses it as a supplement. He trains 16 hours a week so requires more food. He is also growing in very rapid spurts so his requirements are much different than mine.

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Please describe your experiences regarding energy and Hemp Hearts:

Energy levels improved, general feeling of wellness

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We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.

Please describe your weight control experiences with Hemp Hearts:

I originally started Hemp Hearts because I was supposed to die in 2006. I wanted to get off my 3 medications, that were slowly killing me; increase my energy and give me back a purpose for living. All of this happened with the added bonus of losing 86 lbs. and keeping it off.

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 am an active 43 year old woman. Healthy and in good shape. Have been using Hemp Hearts for about one year. I feel energized by them.

We claim that those who use Hemp Hearts in quantity every morning with long fiber foods, who minimize their weight by avoiding sugar, starches and processed foods, inevitably notice improved tissue health--reduced tissue inflammation and improved tissue elasticity.

Please describe any external changes experienced with respect to skin and hair conditions:

People say I look very young and healthy for my 56 years. I only know I feel great, physically and mentally.

We claim that diabetics who use Hemp Hearts in quantity each morning with assorted vegetables, totally avoiding sweet fruit, starches and processed foods--minimizing their weight--are often able to improve circulation and reduce their dependence on insulin.

Please describe your experiences with Hemp Hearts and any serious health condition:

Hemp hearts have helped me control my glycemic index and will combat the "Brain fog" that happens when I cheat and eat desserts. I'm grateful to have this safe + healthy source of protein since my family is heart attack prone.