

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 NEVER in my life had the energy I now have. Not even at 30 and I'm now 60.

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Once again I have a very physical job so I need the energy to sustain me till my day is over and I believe it is from all the health benefits receive from Hemp Hearts that allow this to happen.

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Please describe your experiences regarding energy and Hemp Hearts:

My energy has increased.

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Please describe your experiences regarding energy and Hemp Hearts:

Yes, I have lots of energy. I try to exercise an hour a day and I have no trouble doing that.

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I don't hear my self complaining about how tired I am all the time.

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Please describe your experiences regarding energy and Hemp Hearts:

agree

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Please describe your experiences regarding energy and Hemp Hearts:

The energy level is definitely up!

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:

I urge anyone who has no energy to try Hemp Hearts. It doesn't work overnight but it will eventually if you are diligent.