

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:

WE BOTH HAVE MORE ENERGY & I CAN ONLY MANAGE 2 TBLSP. + MY HUSBAND 3 TBLSP.

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 have taken the Hemp Hearts for several years but I only take 2 Tbsp in the morning I find I have more energy.

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Please describe your experiences regarding energy and Hemp Hearts:

1/2 table spoon has the same affect for me!

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Please describe your experiences regarding energy and Hemp Hearts:

No problem with energy - definitely get a boost with hemp hearts but I am very active ~~and so I still do get hungry~~ I would say I have good energy if I pace myself 😊
I do have challenges with blood sugar control as a type II diabetic

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Please describe your experiences regarding energy and Hemp Hearts:

I maintain my weight & I am average for my height
eat - as for Energy, I keep house for my daughter & her
husband - I walk alot & have been told I have a lot
of energy more than many people much younger than
I -

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Please describe your experiences regarding energy and Hemp Hearts:

When I am working and don't have time for lunch
my next meal is hemp hearts on the bars. They appease
my appetite and revive my energy.

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Please describe your experiences regarding energy and Hemp Hearts:

Definetly Have More energy with Hemp hearts.
and maintain better lower muscle mass

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Please describe your experiences regarding energy and Hemp Hearts:

I Believe its an energy booster, I don't feel
that great if I don't have my Hemp
Hearts. in the am, I feel sluggish
Especially if I eat toast or a muffin
I really want more.