

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 do have with my 4 tsp. sufficient energy until 3 to 4 pm.

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Please describe your experiences regarding energy and Hemp Hearts:

It is true I have noticed that my energy level has increased and is sustained until late in the evenings.

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 am an active person. I ride my horse regularly, keep three cows, and work as an artist - Hemp Hearts added to my diet have had a positive impact on my energy level.

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Please describe your experiences regarding energy and Hemp Hearts:

I am amazed that I have so much energy. I used to have to rest in the afternoons, but since taking Hemp Hearts, I have a lot of energy, and can keep going for ages.

2 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 HAVE NOT HAD TO RESTRICT MY DIET TO THIS DEGREE BUT I DO BELIEVE THIS. I CAN LOSE A POUND A DAY BY EATING 5 TABLESPOONS OF HEARTS FOR BREAKFAST, HAVING SALAD IN THE EVENING AND NOT BECAUSE I AM DIETING - IT IS BECAUSE I HAVE SO MUCH ENERGY THAT I GET BUSY AND FORGET TO EAT.

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Please describe your experiences regarding energy and Hemp Hearts:

H. HEARTS GIVE ME THE ENERGY TO GET UP @ 6:30 AM & KEEP GOING EVERY NIGHT UNTIL 11:30 PM TO MIDNITE - OCCASIONALLY LATER. SOMETIMES I HAVE TO FORCE MYSELF TO GO TO BED.

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Please describe your experiences regarding energy and Hemp Hearts:

HEMP HEARTS PROVIDE MORE ENERGY AND LONGER LASTING ENERGY THAN ANY OTHER FOOD THAT I HAVE EVER TRIED. CERTAINLY MORE THAN ANY CEREAL OR GRAIN.

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Please describe your experiences regarding energy and Hemp Hearts:

I can't go without eating them every morning as it is part of my daily routine. I seem to have more energy and with my busy lifestyle of work & family they have given me the energy to go from morning until night, ending each night with a 30-min brisk walk.