

**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:**

With Hemp hearts, I always have energy. I walk 5-8 kms daily, shovel snow & have a garden. On our 2 trips to Holland and Victoria, B.C. we took along Hemp heart bars. (with same result.) I eat well, sleep well and always have enough energy to enjoy my retirement.

**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 82 yrs young. Have been using hemp hearts for many years. Super food in my life. Do own work around house and garden.

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**Please describe yourself and the length of time that you have been using Hemp Hearts:**

I am a 70 year old female and have been using Hemp Hearts for approximately 3 years - I feel much better, more energy, even my hair is much better! Oh by the way I am a short person with *Pustio genesis imperfecta* progeria.

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**Please describe yourself and the length of time that you have been using Hemp Hearts:**

I am seventy-two years old and have been taking Hemp Hearts for eighteen months and find it gives me extra energy.

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Please describe your experiences regarding energy and Hemp Hearts:

After only 1 week of taking the hearts, I felt more energy & no hunger pangs. I've always been a walker but only once daily; after taking Hemp Hearts I started taking 2 walks daily at a much faster pace & with much more vigor, walking 12 hrs. and more.

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Please describe yourself and the length of time that you have been using Hemp Hearts:

I am 77 and first heard about Hemp Hearts from a sailing friend four years ago. I use them every morning on cereal or fruit and find that they give me extra energy as well as being satisfying.

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Please describe your experiences regarding energy and Hemp Hearts:

I am able to keep going all day long without an afternoon nap.

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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 have, in fact, gained weight using Hemp Hearts. This was my goal. I am at a healthy weight for my body build now, and am much more energetic.