

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 certainly can enjoy many activities, golf, walk my dog, garden, maintain a household and everything that entails without running out of energy.

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Please describe your experiences regarding energy and Hemp Hearts:

I have found this to be true.

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

When working hard - physically - I have no hunger pangs ~~after~~ when having a Fruit-yogurt, Hemp heart breakfast, I find I get 5-6 hours of good energy.

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Please describe your experiences regarding energy and Hemp Hearts:

I have a lot of energy and it

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Hemp hearts are great for energy. I don't get tired any more during the day

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Hemp Hearts do give me the energy to maintain a busy job.

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YES, I DEFINATELY HAVE MORE ENERGY

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I have found that with the hemp hearts and my other supplements, I usually have adequate energy levels until early evening.