

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 now more energetic - working out at a gym - riding my bike & generally more active

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Please describe your experiences regarding energy and Hemp Hearts:

Yes I consistently have more energy right through till 9pm. I have a very active life style

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IT HELPS

HAVE GIVEN SOME TO 2 FRIENDS AND THEY SAID THEY NOTICED A REAL DIFFERENCE

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even with my age, I am able to work a full day and not get tired until approx. 4:30.

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HH GIVE YOU AN EVEN ENERGY, NO BLOOD SUGAR SWINGS ...

Please describe any internal changes experienced relative to pain and tissue inflammation:

None. I just have more energy. Hemp Hearts is the only thing that ever helped my energy. I've tried dozens of other things/foods/supplements, but this is the only one that made any noticeable difference.

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Please describe your experiences regarding energy and Hemp Hearts:

I take 4 Tsp of Hemp Hearts at breakfast along with a whole grain muffin or pancake. I take the Hemp Hearts in a smoothie made from apple juice (organic) frozen plum, cherries, strawberries, raspberries. I have energy for tennis, golf, hiking & canoeing & bike riding.

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If I have 4-5 tablespoons before a ride (2 hrs. before actual ride), I have sustained ability to maintain speed. I used to drink coffee for the same effect; now I have a hemp shake and ... consistently have superior rides. ...