

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:

My energy levels have increased, before when I came home I would crash now I can putter in the garden.

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:

I add 3 Tblsps to my morning breakfast and really do think it helps maintain a consistent / steady good energy level for the morning & the day. I think they really ~~add~~ do provide me with good energy levels.

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Please describe your experiences regarding energy and Hemp Hearts:

I feel good when I do Hemp Hearts and I do have good energy

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Please describe your experiences regarding energy and Hemp Hearts:

I find that Hemp Hearts gives me energy that lasts throughout the day. Before taking Hemp Hearts I found that I was tired about mid afternoon.

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**Please describe your experiences regarding energy and Hemp Hearts:**

days. I eat 5tblspns I have tons of energy  
until evening

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**Please describe your experiences regarding energy and Hemp Hearts:**

I feel that Hemp Hearts along with normal rest  
and a healthy diet keep me going every day.

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**Please describe your experiences regarding energy and Hemp Hearts:**

I have 4 to 5 table spoons of hemp hearts  
in the morning sometimes with yogurt and  
I go all day until about 1 or 2 o'clock in  
the afternoon. I clean houses.

**We claim that diabetics who use Hemp Hearts in quantity each morning with assorted vegetables, totally avoiding sweet fruit, starches and processed foods—minimizing their weight—are often able to improve circulation and reduce their dependence on insulin.**  
**Please describe your experiences with Hemp Hearts and any serious health condition:**

No say know about this I really like the  
taste & just enjoy eating Hemp Hearts I think  
my general health (which has never been really  
bad) is better & I truly do have noticeably  
more energy. I just like the hemp hearts