

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 is very high (normal) I am going through menopause + I feel hemp hearts do help with my energy.

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Please describe your experiences regarding energy and Hemp Hearts:

some what better

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Please describe your experiences regarding energy and Hemp Hearts:

I agree

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Please describe your experiences regarding energy and Hemp Hearts:

feel great lots of energy, still I eat cooked food

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Please describe your experiences regarding energy and Hemp Hearts:

Feel real good

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Please describe your experiences regarding energy and Hemp Hearts:

- I have terrific energy when I eat my H.H. for breakfast. I notice how energetic - without such a source as caffeine that would make me jittery - I feel and I have energy to make it through the day.

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Please describe your experiences regarding energy and Hemp Hearts:

My energy level with Hemp Hearts is usually very good.

We claim that those who use Hemp Hearts in quantity every morning with long fiber foods, who minimize their weight by avoiding sugar, starches and processed foods, inevitably notice improved tissue health—reduced tissue inflammation and improved tissue elasticity.
Please describe any external changes experienced with respect to skin and hair conditions:

I'm ^{not} tired looking that has the most effect on me.