

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 AGREE WITH ALL OF THE ABOVE

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Please describe your experiences regarding energy and Hemp Hearts:

I am 21 years old, eat H.H every morning, am 6'1" weight = 175 lbs. Still full of energy.

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Please describe your experiences regarding energy and Hemp Hearts:

I know people who use Hemp that their energy has increased, for me I'm not sure. I have Fibromyalgia and my energy level swings quite a bit as a result of this illness. I can say I do notice difference how I feel.

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I do have more energy

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I DO HAVE THE ENERGY IN THE MORNINGS - ACTUALLY TILL ABOUT 3:00 PM - THEN I START TO "FLAG". BUT I DO NOT EXPECT TO RUN AT HIGH ENERGY ALL DAY, CONSIDERING AGE ETC.

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I am an active 78 year old, with Hemp my energy level is much better

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I am the correct weight for my height - and have sufficient energy for my day to day living.

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This is quite accurate. I work all day, come home, run my dog then do physical activity every night from 6 to 8 and then I come home and work. I play soccer twice a week and do kickboxing 3 times a week.