

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:

-felt I had or have more energy when eating H.H.

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Please describe your experiences regarding energy and Hemp Hearts:

I work out in a gym 3x a week and am not tired as I once was since using hemp hearts. I have experienced much more energy.

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more energy using H. Hearts

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After we started to use hemp hearts, our energy levels are up.

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Please describe your experiences regarding energy and Hemp Hearts:

Having an active career (teaching grade 4) requires energy daily until after 3:00. Hemp Heartb provides that!

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:

Sjogren's Syndrome - a serious, cross over auto immune disease. Hemp hearts each morning appear to give me more energy than if I don't have it on my cereal. Also, the help w/ bowels - quite possibly w/ some of the

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Due to the chronic fatigue component of Sjogren's I depend upon Hemp hearts to increase my energy & believe it does - as I've tested it out

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general body inflammation