

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 do find that I have more energy and do not feel hungry at lunch, but I usually do have a salad at that time. I have been able to cut out snacks in the morning and afternoon.

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Please describe your experiences regarding energy and Hemp Hearts:

▷ Both hunger & energy are fairly level but I do need to eat at lunch time - usually a very light meal (1 piece of toast) though & I'm good til supper

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 experiences regarding hunger and Hemp Hearts:

I find that hemp hearts do curtail my hunger and that I am able maintain more energy because of them.

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Please describe your experiences regarding energy and Hemp Hearts:

I don't notice more energy but surely do notice less if I don't take it for a few days! Just a matter of concept.

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Please describe your experiences regarding energy and Hemp Hearts:

Yes I have energy, but am crippled with arthritis which I think has been helped, maybe by the Proctin & the Vit you get from taking Hemp hearts Regular

For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.

Please describe yourself and the length of time that you have been using Hemp Hearts:

I am a Registered Nutritionist and have been personally ~~so~~ using hemp hearts as a part of my diet for approx. 3 years. I have seen in myself, <sup>in my clients</sup> a loss of weight, more energy, improved digestion and overall improved health.

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

You feel much better with more energy.

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Please describe yourself and the length of time that you have been using Hemp Hearts:

My name is Sharon and I am 44 years old, wife and mother of 2. I teach playschool age ~~and~~ children. I started using Hemp Hearts approx. 5 years ago on a regular basis. I have had chronic health issues, which have included lack of energy and poor digestion/absorption.