

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 has increased considerably since I have started taking hemp hearts. I used to crash mid afternoon ~~to~~ but that is not the way it is now

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As I've said I have m.s and any way I can maintain my energy levels is great. Hemp hearts definitely helps in this regard.

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no fatigue noted, I go to gym 3x/wk, am less tired than usual when I use Hemp Hearts regularly.

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If taken regularly, I have the energy to match my desire for work outs, tennis & housework.

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Please describe your experiences regarding energy and Hemp Hearts:

Eating the hemp hearts definitely gave me more energy from morning to night

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I believe it does increase my energy levels

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Please describe your experiences regarding energy and Hemp Hearts:

my friends said they wish they had my energy. so I said take hemp hearts they work.

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I do have more energy overall.

One time I had 1 Tbsp. of Hemp Hearts in the evening & decided not to do that again - too much energy to sleep!