

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:

Yes I have energy all day and  
it is very much improved since  
I began taking the -

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Please describe your experiences regarding energy and Hemp Hearts:

I do notice that I have a lot more energy ~~even~~ even  
with only using 2-3 tbsp. per day.

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Please describe your experiences regarding energy and Hemp Hearts:

Since taking Hemp Hearts I have found  
that my energy level is much better  
and more consistent.

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Please describe your experiences regarding energy and Hemp Hearts:

I have more energy when I eat hemp hearts in the morning

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Please describe your experiences regarding energy and Hemp Hearts: - No weight  
gain, but energy gain.

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Please describe your experiences regarding energy and Hemp Hearts:

I'm usually full of energy. attend the "Y" 3 times weekly, and play badminton 2 times a week with senior's group.

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Please describe your experiences regarding energy and Hemp Hearts:

I do not require quite 5 tbsps to have sufficient energy to last me the day.

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Please describe your experiences regarding energy and Hemp Hearts:

The hemp hearts alone with cereal and the hemp chocolate bars help a great deal with energy maintenance throughout the day.

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Please describe your experiences regarding energy and Hemp Hearts:

I do not have a weight issue.

I find I am very active + have good energy. I sleep about 8 hours/night average + am ready to go each morning