

**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 weigh 150lb so do not use them for idea of weight reduction but yes I do have more energy on days I use them. I admit I like to use them on days I am going out the door to work. My son appeared to have lots of energy for his job even though he skipped his noon meal.

**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'm a 60 yr old female. I've been taking Hemp Hearts for about 2 yrs. I've discontinued all other supplements except clear liquid calcium - I find that when I take Hemp Hearts in the A.M. I'm very energetic throughout the day.

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**Please describe your experiences regarding energy and Hemp Hearts:**

I do notice a sufficient energy level, since I work, attend a gym, walk the dog, and look after a home with ease.

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**Please describe your experiences regarding energy and Hemp Hearts:**

I find if I eat heart that I have a evenly distributed energy through the day. I don't have <sup>any</sup> energy peak and plummet.

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Please describe your experiences regarding energy and Hemp Hearts:

I am very active. I eat 4-5 small meals everyday and use Hemp Hearts for 1-2 of these meals for energy.

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Please describe your experiences regarding energy and Hemp Hearts:

More energy - feel nourished

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Please describe your experiences regarding energy and Hemp Hearts:

When I do not have hemp hearts with my breakfast I often feel drowsy in the early afternoon.

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Please describe your experiences regarding energy and Hemp Hearts:

My energy is good because it holds off my hunger!

The hemp bars are great for a quick energy boost I feel it kick in immediately & last a long time.

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Please describe your experiences regarding energy and Hemp Hearts:

good