

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 have been using Hemp Hearts for over 6 years. I am an elementary teacher and a single parent and using hemp hearts in my smoothie every morning (almost) gives me lots of energy to get through my day.

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:

Absolutely true! I notice the difference in my energy levels because I am very fit and do workout regularly.

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Please describe your experiences regarding energy and Hemp Hearts:

I go for a brisk 5 mile walk daily. I have no weight problem I am tall & thin. I have lots of energy. ☺

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Please describe your experiences regarding energy and Hemp Hearts:

Lots of energy

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:

Whenever I wish to be active for a stretch of time without needing to eat 5-6 hours I eat Hemp Hearts. They sustain me very satisfactorily.

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:

In my career as a massage therapist, I occasionally find that I am hungry mid-afternoon. When I have other clients coming, I need a quick energy source but an even, sustained delivery of that energy. I've eaten 2 tablespoons of hemp hearts and felt full of a calm, long lasting energy with no feeling of hunger for 2-3 hours. No jittery sugar high that affects my mood.

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Please describe your experiences regarding energy and Hemp Hearts:

Consuming hemp hearts has given me more energy throughout the day than I have ever had.

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Please describe your experiences regarding energy and Hemp Hearts:

As a breastfeeding mom, hemp hearts help keep my energy level up until night, along with a balanced diet and healthy lifestyle.