

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 husband is 79 yrs. and I'm nearing 75 and have both found our energy level is sufficient to carry us thro. the day.

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Please describe your experiences regarding energy and Hemp Hearts:

Gives me energy when I mix with yogourt mid morning.

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Please describe your experiences regarding energy and Hemp Hearts:

The energy was the part I liked best. I can't believe how good it feels to do something so easy and have such good results. And it tastes good too.

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Please describe your experiences regarding energy and Hemp Hearts:

I have energy.

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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 fire fighter who's been eating hemp hearts now for 1yr. I eat it w my breakfast daily. I love the flavour and the energy I get from them. I also use it as my pre workout meal and feel great even after a grueling routine.

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Please describe your experiences regarding energy and Hemp Hearts:

good energy level

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Please describe your experiences regarding energy and Hemp Hearts:

Since taking Hemp Hearts I find I have a lot more energy which is much appreciated with shift work

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Please describe your experiences regarding energy and Hemp Hearts:

lots of energy