

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'm 84 yrs old so my energy level was going down - since I've been taking Hemp Hearts it has improved a lot.

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Please describe your experiences regarding energy and Hemp Hearts:

I have found that my energy level has increased since I've been adding Hemp Hearts to my daily diet.

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Please describe your experiences regarding energy and Hemp Hearts:

Absolutely I have more energy since using H.H.  
I notice my energy level is still high after work & after supper when it use to be lower (before H.H.)

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Please describe your experiences regarding energy and Hemp Hearts:

Hemp Hearts give me more energy, as long as I don't eat a lot of sugar during the day.

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

*Even taking only 2 tablespoons of Hemp Hearts I have lots of energy for exercising, walking, gardening, biking etc.*

**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 experience regarding hunger and Hemp Hearts:**

*My wife and I live very active life styles. We work out (aerobic exercise) 3-5 times/week and eat three meals a day. We notice prolonged energy in the mornings. Another major benefit is that our systems remain regular - usually twice a day.*

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

*I AGREE. SINCE CONSUMING HEMP HEARTS MY ENERGY LEVEL IS UP MOST NOTICABLE WHEN I AM TRAVELLING AND REQUIRE MORE ENERGY*

**We claim that those who use Hemp Hearts in quantity every morning with long fiber foods, who minimize their weight by avoiding sugar, starches and processed foods, inevitably notice improved tissue health--reduced tissue inflammation and improved tissue elasticity.**

**Please describe any external changes experienced with respect to skin and hair conditions:**

*On the amount I use I have noticed more energy and less dry skin. Generally have felt better over all.*