

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 have lots of energy throughout the day. If I have a particularly demanding day, I will snack on Hemp Hearts for lunch to add to my 2 T AM serving.

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Please describe your experiences regarding energy and Hemp Hearts:

I find that I don't bonk after a workout if I have hemp hearts before.

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Please describe your experiences regarding energy and Hemp Hearts:

I have remarkable energy. I walk 5km every day, work all day. As a matter of fact, many of my friends are eating Hemp Hearts because they want to achieve my level of energy.

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Please describe your experiences regarding energy and Hemp Hearts:

Feel much more energetic.

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Please describe your experiences regarding energy and Hemp Hearts:

I usually don't experience the mid-afternoon slump when I eat Hemp Hearts. I do feel more energy.

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Please describe your experiences regarding energy and Hemp Hearts:

WITH MENOPAUSE, ENERGY IS DEFINITELY BETTER THAN BEFORE I STARTED USING THE HEMP HEARTS

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:

61 yrs of age. Retired - Owner of Green Haus. - Active, after retiring I had nothing to do, slowed down and couldn't come back. I started Hemp Hearts. Energy returned, (2 Tbsp.) I now feel like I did when I was 30-50 yrs. Great! 2 yrs

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:

They are very filling and give me the boost I need to get my day started @ 6:00 A.M. I usually go on 6 hrs. sleep per day. I have lots of energy.