

**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 no longer have the "afternoon ~~slump~~ slump" where I would normally crave chocolate.

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More fuel for the days events.

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I have found on days that I don't eat hemp hearts or breakfast that my energy level is much lower.

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I am fairly high energy and feel the Hemp Hearts contribute in a healthy way.

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Please describe your experiences regarding energy and Hemp Hearts:

I find I have more energy when taking hemp hearts than when I do not take any.

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Please describe your experiences regarding energy and Hemp Hearts:

I do find I have lots of energy.

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Please describe your experiences regarding energy and Hemp Hearts:

I HAVE significant energy all day  
my day starts @ 6:45<sup>AM</sup> until 6:00PM

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Please describe your experiences regarding energy and Hemp Hearts:

Agree.