

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:

Hypothyroids cause a severe lack of energy.
Hemp hearts help me to have the energy
to teach music to 1200 kids a day!

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Please describe your experiences regarding energy and Hemp Hearts:

AS PREVIOUS STATED WITH

OVERWELLMING ENDORSEMENT!!!

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:

USER FOR 3-4 YEARS AS I STATED EARLIER.

AND AM HEALTHY/ENERGETIC AS A 40 YEAR
OLD

I AM 60 YEARS

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Please describe your experiences regarding energy and Hemp Hearts:

Agree strongly.

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:

Because I have been either pregnant or breastfeeding since I started eating Hemp hearts, it is important for me to eat regular meals. I do find that eating the hemp hearts helps me keep my energy up and my blood sugar level. I don't eat starchy snacks

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Please describe yourself and the length of time that you have been using Hemp Hearts:

Teach school & coach - very busy. Hemp hearts have given me energy and allowed me to skip meals - I know I am replacing lunch with a superior food.

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Please describe yourself and the length of time that you have been using Hemp Hearts:

WE HAVE BEEN USING HEMP HEARTS FOR 2 YEARS ^{AT BREAKFAST} & WE ARE EXPERIENCING FEELINGS OF WELL BEING, MORE ENERGY, REGULAR BATHROOM VISITS & CERTAINLY A FEELING OF FULLNESS BUT NO BLOATING. WE USE THEM ON ORGANIC CEREAL, GRANOLA OR SIMPLY ADDED TO A FRUIT SMOOTHIE. THANK YOU.

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:

1 gives me energy so don't need as much food
1 a satisfaction feeling!