

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:

SEEM TO HAVE REASONABLE ENERGY
WALK 3 MILES 5-6 TIMES A WEEK.

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Please describe your experiences regarding energy and Hemp Hearts:

We do have good energy!

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Please describe your experiences regarding energy and Hemp Hearts:

Using the diet I have above, I have lots of energy to do gardening, walking etc. When I stopped eating hemp hearts for a few weeks I felt that a lot of the afternoon. So I started again. By the way, I don't eat more hemp hearts in the morning because I like the flavors of the other foodstuffs I mix with them. If I ate 5 tablespoons of Hemp Hearts, I would not have room for the other things.

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Please describe your experiences regarding energy and Hemp Hearts:

I have plenty of energy, and play 1 1/2 hours of hard-hitting racketsball against men half my age 3-4 times per week.

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SINCE USING HEMP HEART MY ENERGY IS UNLIMITED. VERY SELDOM DO I FEEL TIRED.

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I have a good supply of energy for my age!

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true. a great way to get healthy amounts of protein into my body w/o a lot of calories.
extra

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Please describe your experiences regarding energy and Hemp Hearts:

I second this claim.