

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 am 88 years old and still am active I believe and know that hemp has a lot to do with that.

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:

I am a 72 year old woman I have used the HH for four years. To say I am active is an understatement. A 10K hike once a week, gym twice weekly, walking club twice weekly, dancing, bowling, gardening, dragonboating.

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Please describe your experiences regarding energy and Hemp Hearts:

Before retirement I was extremely active. After the passing of my partner I became very lethargic and depressed. A friend who was taking HH. to control her diabetes gave me a container of HH. Instantly I felt energy - and continue to have it. I have recommended it to many friends!

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Please describe your experiences regarding energy and Hemp Hearts:

My energy level had & still is increased. From stopping at 5pm - I am still energetic until approx. 8 PM. That's an increase of 6 hole hrs. I feel like my old self again. I am 71 1/2 yrs old and can now again work a full day from 9 AM. to 5 PM without tiring.

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Please describe your experiences regarding energy and Hemp Hearts:

I have sufficient energy every day unless I  
really overdo it for my age, 83 years

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:

I have better bowel movements, + can carry on  
without feeling hungry

My husband is a logger + when he forgets to eat his  
hemp hearts in the morning, he feels famished + drained.  
They keep him going, till late in the afternoon.

We claim that diabetics who use Hemp Hearts in quantity each morning with assorted vegetables, totally avoiding sweet fruit, starches and processed foods—minimizing their weight—are often able to improve circulation and reduce their dependence on insulin.

Please describe your experiences with Hemp Hearts and any serious health condition:

We definitely feel the hemp hearts have boosted our  
energy and we are not snacking at all between  
meals, + no cholesterol problems.

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

I have been using hemp hearts for at least  
six years and found them to be so healthy  
I have also recommended them to many of my  
friends which they also find to be so healthy  
in many ways—more energy, curbs cravings of sweets  
(EWRB)