

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 normally have more energy because of hemp hearts in my diet.*

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Please describe your experiences regarding energy and Hemp Hearts:

*Have more energy from Hemp Hearts.*

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Please describe your experiences regarding energy and Hemp Hearts:

*Even with 3 Tablespoons of Hemp Hearts in the morning I feel energetic all day. There is a noticeable increased energy level.*

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Please describe your experiences regarding energy and Hemp Hearts:

*My energy level during the day is generally quite good, although towards late evening I am petering out.*

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Please describe your experiences regarding energy and Hemp Hearts:

My energy level is high all day & I can go dancing in the evening without feeling tired.

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Please describe your experiences regarding energy and Hemp Hearts:

Because of age and usual routine activities I rarely snack between meals - other than fresh fruit, but find I have sufficient energy until evening.

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Please describe your experiences regarding energy and Hemp Hearts:

I do have lots of energy

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Please describe your experiences regarding energy and Hemp Hearts:

I WORK OUTSIDE MOST OF DAY AND FIND I HAVE PRETTY GOOD ENERGY FOR A MAN MY AGE.