

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:

Incredible energy! I use 4 T. in porridge every morning.

Even though the calories are high (they are good calories) I still can lose weight.

We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.

Please describe your weight control experiences with Hemp Hearts:

I have this amount of Hemp Hearts on my morning cereal. Since I am quite active, I snack throughout the day, have lots of energy, and my weight stays where it should be according to the Body Mass Index.

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Please describe your experiences regarding energy and Hemp Hearts:

Because of my work, I find I do need my lunch and break snacks (fruit) otherwise I tend to lose too much weight. As for energy I have plenty for all day.

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Please describe your weight control experiences with Hemp Hearts:

I DO NOT NEED TO LOSE WEIGHT BUT I HAVE SLIMED DOWN AND SHAPED UP USING THIS PRODUCT, BECAUSE I HAVE MORE ENERGY TO DO MORE WITHOUT BEING TIRED

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Please describe your experiences regarding energy and Hemp Hearts:

Thru my experiences - this is very accurate. I have lots of energy until late afternoon (ie 5<sup>30</sup> pm) or early evening. And this becomes more evident - with the prolonged use of hemp hearts.

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Please describe your experiences regarding energy and Hemp Hearts:

I HAVE PLENTY OF ENERGY TO LAST MOST OF THE DAY AND AM NOT SO OVERLY TIRED AT THE END OF THE DAY.

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Please describe your experiences regarding energy and Hemp Hearts:

My hemp hearts provide me with continuous energy all day long until evening. I am involved in many community events and I know I can out do most people as far as energy goes including my children.

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Please describe your experiences regarding energy and Hemp Hearts:

I have always had loss of energy but feel very well till late afternoon when my energy flags. Perhaps that's because I eat only 2 tablespoons of Hemp Hearts. I've never required more than that for that "great" feeling.