

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:

lots of energie

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Please describe your experiences regarding energy and Hemp Hearts:

I have a very active life and I find hemp hearts keep me going through out my day. I notice a difference if I forget to have them in the am (ie low energy)

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LOTS OF ENERGY, GOLF 3 TIMES A WEEK AND TENNIS 2 TIMES

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YES ENERGY TO DO THINGS.

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definitely we both notice, an ability to go longer, without feeling drained-out, when we eat Hemp Hearts

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I can attest to the fact that I do have more energy throughout the day on less food eaten.

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I am a very energetic person and find that I am able to work 8-9 hours a day after using hemp hearts for breakfast

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My energy level is very high -