

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:

As I find that 5 heaping tablespoons will provide me with energy for the morning but not much past that. I am fairly active and slim.

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Please describe your experiences regarding energy and Hemp Hearts:

I have lots of energy

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Please describe your experiences regarding energy and Hemp Hearts:

- People always comment on how much energy I seem to have. I do get at least 8-9 hours of sleep a night.

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Please describe your experiences regarding energy and Hemp Hearts:

I seem to have more energy after eating H.H.

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Please describe your experiences regarding energy and Hemp Hearts: SINCE I HAVE

CHANGED MY LIFE STYLE THE CANCER IS GONE, THE ARTERIES IS GONE, I AM AT MY OPTIMUM WEIGHT AND MY ENERGY LEVEL IS WHERE IT WAS WHEN I WAS IN MY LATE 20'S.

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:

We have lost weight while on hemp hearts. We're farmers, so we need lots of energy.

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Please describe your weight control experiences with Hemp Hearts:

I notice that I eat less in general since starting Hemp Hearts and now actually seem to have more energy to work and exercise. I have not weighed myself but I notice my clothes are a little bigger on me than before.

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 use  $\frac{1}{4}$  cup each morning gives me energy not as hungry have lost a lot of weight almost normal there too now