

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 find that my energy level is really good since I've been taking H.H.'s. I never feel as good and energetic when I am travelling and not able to have my H.H.'s

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Please describe your experiences regarding energy and Hemp Hearts:

I go to the gym at 5 AM 5 x per week & work out for 1 1/2 hours sometimes longer, followed by twice a week attending to my 1 1/2 & 3 year old grandchildren & taking them to day care & then put in a full day tending to our large home - yes indeed I have energy!

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 find that eating five heaping table spans - approximately - each morning gives me enough energy that I usually don't feel hungry until 2-3 in the afternoon and then I only require a small snack to keep me going until dinner.

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:

Besides operating the liquor store we walk our dogs 2 & 3 times a day, put our lawn (3 lots), keep our garden & home. We do more than most younger people!

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Please describe your experience regarding hunger and Hemp Hearts:

I have Hemp Hearts with my breakfast + I am not hungry until mid afternoon + have lots of energy to last all day.

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Please describe your experience regarding hunger and Hemp Hearts:

When I have 5-6 heaping tablespoons of Hemp Hearts in the morning, I generally skip lunch as I am not hungry and my energy is good.

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Please describe your experiences regarding energy and Hemp Hearts:

I have a very demanding job and also maintain my home. Hemp Hearts give me my energy without any highs or lows. If, due to client appointments, I cannot eat at a scheduled lunch time, I have no problem working efficiently.

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Please describe your experiences regarding energy and Hemp Hearts:

It gives me more energy at work during the day