

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:

Before eating Hemp Hearts, I would feel sleepy by mid-afternoon. Now, since eating Hemp Hearts, I rarely feel sleepy in mid-afternoon.

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:

My energy level has increased since eating Hemp Hearts. I'm an insulin dependent diabetic, so an increase in energy was a bonus.

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 USUALLY HAVE HEMP SEEDS WITH MY CEREAL. ALSO I INCLUDE IT IN MY SALAD AT NOON. I FEEL THAT HEMP SEEDS WITH VEGETABLES DOES SEEM TO SUSTAIN MY ENERGY FOR A GREATER LENGTH OF TIME.

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Please describe your experiences regarding energy and Hemp Hearts:

MY ENERGY LEVEL HAS BEEN GOOD ESPECIALLY WHEN I TAKE MY HEMP HEARTS.

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Please describe your experiences regarding energy and Hemp Hearts:

I feel fine all day and have sufficient energy through out the day.

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Please describe your experiences regarding energy and Hemp Hearts:

My energy levels remain high with hemp hearts.

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Please describe your experiences regarding energy and Hemp Hearts:

The energy is great! We have all notice, especially the kids, who often have lunch later.

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Please describe your experience regarding hunger and Hemp Hearts:

TRUE. I AM A DRAGON BOAT AND PADDLING COACH. I FIND THAT MY ENERGY LEVEL IS VERY HIGH. I ACTUALLY COMBINE IN WITH BAHN BUNS, YOGURT AND BANANAS. AND IT KEEPS ME GOING UNTIL SUPPER