

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 & lots & lots of energy. Have to remind myself to sit down + rest (on occasion)

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Please describe your experiences regarding energy and Hemp Hearts:

My energy level has improved, I exercise twice a week
Swim and line dance.

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I have experienced an overall improvement in my energy level and seem to sleep better as well. I am on my feet all day looking after patients & assisting Dr's, yet I have the energy to walk home 2 km from work each day.

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Please describe your experiences regarding energy and Hemp Hearts:

I have a very high energy level all day. I feel the Omega definitely helps me. My nails have improved, my complexion my skin over all.

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I feel omega 3 is increasing my energy levels. It is a slow process that over time I look back on & say "I couldn't do that a year ago"

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Please describe your experiences regarding energy and Hemp Hearts:

I am quite active, and have energy for the day.

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Please describe your experiences regarding energy and Hemp Hearts:

I have pep in my step & am lighter than I have been in 20 yrs. - I have been watching my caloric intake & ↑ my exercise. I am sure your hemp hearts do help.

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Please describe your experiences regarding energy and Hemp Hearts:

I do have more energy.