

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 seem to have more energy after eating
H.H.

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Please describe your experiences regarding energy and Hemp Hearts:

Enough energy till evening.

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Please describe your experiences regarding energy and Hemp Hearts:

I used to be very tired & sleepy in the office around 2 pm. I have noticed a considerable difference since I started using Hemp Hearts 2 yrs. ago.

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Please describe your experiences regarding energy and Hemp Hearts:

Because of our age & the length of time we've been using hemp hearts we did not really notice when we realized that we were much more the true than our friends. We do many activities daily & enjoy our life.

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:

I do go off the wagon occasionally but maintaining my optimum ~~weight~~ weight is always in easy reach. ^{by avoiding calories}
The energy allows me to exercise more as well

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Please describe your experiences regarding energy and Hemp Hearts:

Even with all the work I was doing - five days a week of work and four evenings a week of martial arts - I was able to make it through the day without being nearly as tired as I used to be.

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Please describe your experiences regarding energy and Hemp Hearts:

I usually have quite a lot of energy throughout the day.

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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.