

**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 was working from 1:00 in the morning until 18:00 hours every day, most like the energy what it took to get me through did have any relation with the consumption of hemp.

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The 3 tsp a day gives me a lot of energy till super time.

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- helps with energy - not using for wt loss

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I feel energetic all morning.

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Please describe your experiences regarding energy and Hemp Hearts:

We have energy enough to do our yard work, gardening, and just finished painting all the windows & shutters on our 2 story house.

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Please describe your experiences regarding energy and Hemp Hearts:

My Wife and I are 75 and 70 old, and we have been using hemp hearts for at least 3 years and have all kinds of energy and we don't take any medication.

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Please describe your experiences regarding energy and Hemp Hearts:

My husband @ 72 can outwalk many men half his age. He is retired from the RCMP and is currently the "Project Manager" to build a 1500 seat new church. He is busy everyday.

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Please describe your experiences regarding energy and Hemp Hearts:

Yes, we figure we have energy from hemp hearts