

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 is increased when I consume hemp hearts and I find that I am ~~exercising~~ exercising at my most energetic level.

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Please describe your experiences regarding energy and Hemp Hearts:

We have lots of energy.

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Please describe your experiences regarding energy and Hemp Hearts:

I am a very active 73 year old and I believe with a good diet, it does give me more <sup>energy</sup> through the day.

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Please describe your experiences regarding energy and Hemp Hearts:

I have normal energy during the day.

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Please describe your experiences regarding energy and Hemp Hearts:

I feel good energy all day...even though at time I am quite active.

I get alot of comments on this.

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Please describe your experiences regarding energy and Hemp Hearts:

The Hemp Hearts does help my energy level for a good part of the day. I know there is quite a difference when I'm not taking it.

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Please describe your experiences regarding energy and Hemp Hearts:

I belong to a hiking club & we often do 12-15 K's (sometimes more) There is some climbing in the hikes. I'd say my energy level is good which many of my younger hiker friends have noted. I also garden, do Tai Chi & Yoga.

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Please describe your experiences regarding energy and Hemp Hearts:

With a combination of healthy eating - which includes hemp hearts (every morning) & exercise I have a lot of energy all day long.