

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:

SUFFICIENT ENERGY IS NOT A PROBLEM. I AM 75 YEARS OF AGE AND PLAY RIGOROUS BADMINTON YEAR ROUND TWO HOURS PER DAY FOUR TIMES PER WEEK. THE HEMP HEARTS SUPPORT THIS ACTIVITY AND HAVE SUBSTANTIALLY REDUCED MY DAILY NEED FOR SUPPLEMENTS.

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Please describe your experiences regarding energy and Hemp Hearts:

Hemp hearts give lasting energy and well being.

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Please describe your experiences regarding energy and Hemp Hearts:

agree my energy level is up and maintained throughout the day.

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Please describe your experiences regarding energy and Hemp Hearts:

I find I have more energy.

Please describe any internal changes experienced relative to pain and tissue inflammation:

Three years ago my fiancee was diagnosed with cancer. We both started to eat Hemp Hearts on that time. It definitely helped to manage the right diet and to ~~be~~ have stronger body to fight the cancer. For me helped to survived with my depression. Now everything is fine, but we eat Hemp Hearts every day.

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Please describe your experiences regarding energy and Hemp Hearts:**

Hemp hearts give me all day energy without the full feeling from a regular lunch. Not having to eat 3 meals a day and lose my energy is great.

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I love ^{having} the energy that I now have!

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Please describe your experiences regarding energy and Hemp Hearts:**

FOR MY AGE I HAVE LOTS OF ENERGY MORE NOW THAN BEFORE I STARTED TAKING HEMP HEARTS.