

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 work at an office job all day, work out at a gym every lunch hour I walk for an hour each night.

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DEFINATE INCREASED ENERGY

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I like it as a snack because I don't get tired afterwards like from starch-based foods

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exactly correct

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My energy level has increased to a great extent. Supper is consisting of a salad + protein eg. meat, fish, or chicken

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I find that my energy level is a constant. staying good with no drops (or low energy) when I use the hemp hearts.

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Please describe your experiences regarding energy and Hemp Hearts:

I have experienced having more energy since I've started eating Hemp Hearts.

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I'm still very active in our community (Volunteering) in different organizations (Legion/Church, hospital, lodge & etc.