

For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.
Please describe yourself and the length of time that you have been using Hemp Hearts:

Since I had been incorporating Hemp Hearts with my breakfast food e.g. fresh fruit and cereals I noticed that I had more energy to last me the whole day everyday.

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:

We use between 3-4 tablespoons hemp with cereal in the morning and do find an increase in energy.

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Please describe yourself and the length of time that you have been using Hemp Hearts:

More energy - Have been eating these for over 1 year.

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Please describe your experiences regarding energy and Hemp Hearts:

My energy level has not been this elevated in over 10 years.

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Please describe your experiences regarding energy and Hemp Hearts:

I would say that Hemp Hearts deliver what they claim to. They provide a sufficient amount of energy throughout the day without making one feel too full or sluggish.

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Please describe your experiences regarding energy and Hemp Hearts:

I always was energetic but I believe the seeds being so nutritious maintain our energy at younger levels. Wife also energetic.

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Please describe your experiences regarding energy and Hemp Hearts:

When you eat nutrient rich foods, your body will have enough energy to carry you through your daily activities. I have more energy than a lot of young adults that are consuming heavily laden processed sugary/starchy foods.

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Please describe your experiences regarding energy and Hemp Hearts:

True