

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 always tired and felt like my body was lacking something. Now I have energy and haven't felt this great since being a teen.

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Please describe your experiences regarding energy and Hemp Hearts:

YES ENERGY HAS INCREASED.

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:

I am 27 years old and have been using hemp hearts for approximately 1 year now. Since consuming them each morning I feel my body is healthy and I have energy to get me through the day. I never used to eat properly (ex. skip meals, eat fatty foods etc). Now I don't worry since I'm still getting all my proteins etc.

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Please describe your experiences regarding energy and Hemp Hearts:

Yes I do feel energetic throughout the day

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

I eat the hearts with fruit and yogurt, milk and cinnamon. I usually run for approx 1 hr (8-15km) about 1 hr after I eat breakfast. So I do get hungry sooner of course. But I find that the seeds help me keep receiving a steady feed of energy - no major boost and the crashes - just very steady. I don't consume largely foods!!

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Please describe your experiences regarding energy and Hemp Hearts:

Exercise is either a 5 mile bike ride or a 1/2 hr walk 5 days a week

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Please describe your experiences regarding energy and Hemp Hearts:

I find I have almost too much energy. When I sit down in the evening I'm still thinking of things I could be doing. My mind wants me to carry on but my feet don't.

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Please describe your experiences regarding energy and Hemp Hearts:

Yes this works very well for me