

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:

ENERGY LEVEL LASTS UNTIL SUPPER TIME - 6 O'CLOCK.

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Please describe your experiences regarding energy and Hemp Hearts:

They do provide the energy I need to keep me going for a good part of each day.

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Please describe your experiences regarding energy and Hemp Hearts:

Lots of energy

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Please describe your experiences regarding energy and Hemp Hearts:

When I have regular bowel movements, thanks to Hemp Hearts, I have plenty of energy

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**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:**

The hemp hearts with yogurt for me each morning do curb my appetite. I do not feel hungry at lunch time and have drastically cut down on my starch consumption in the morning and at lunch. I am amazed at how filling the hemp hearts are and at the amount of energy I have for the rest of the day.

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

more energy than on days when I don't eat hearts

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

I find my energy level is fairly good after a days work & low thyroid.

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

I would agree.