

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 exercise every morning between 6:30 & 7:30 and eat breakfast after exercising. I am able to get along the rest of the day.

We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.
Please describe your weight control experiences with Hemp Hearts:

Hemp hearts keep my energy up & make me feel satisfied so I can keep my weight at almost normal for my age. I feel great. Thanks.

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Please describe your experiences regarding energy and Hemp Hearts:

yes (see the above)

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Please describe your experiences regarding energy and Hemp Hearts:

I don't eat that much, but I do have more energy.

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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 HAVE BEEN EATING HEMP HEARTS FOR BREAKFAST FOR ALMOST A YEAR & FIND MY ENERGY LEVEL STAYS UP WITH NO SUGAR 'HIGHS' OR 'LOWS' THAT I EXPERIENCED BEFORE.

ALSO THIS IS AN EXCELLANT SOURCE OF PROTIEN WITHOUT RELYING ON DAIRY PRODUCTS THAT ~~CAUSE~~ HAVE ALLERGIC EFFECTS.

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:

AM ABLE TO WORK THE DAY WITH MY 5 HEAPING (TBS) OF HEMP HEARTS IN THE MORNING AND A LITE LUNCH AT NOON.

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Please describe your experiences regarding energy and Hemp Hearts:

I WALK 5 KM DAILY + HAVE SO MUCH MORE ENERGY TO WALK AND

NOT FEEL DREADING TO GO FOR MY WALK.

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Please describe your experiences regarding energy and Hemp Hearts:

Yes I do have more energy - I use to fall asleep watching T.V. Now I don't go to sleep till 11:00 p.m.