

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:

Thank to Hearts Heart I have enough energy all day

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Please describe your experiences regarding energy and Hemp Hearts:

Hemp hearts also provide a steady source of energy. At work my co-workers are always snacking all day, where as I have consistent energy throughout the day, without snacks.

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Please describe your experiences regarding energy and Hemp Hearts:

yes I do have adequate energy for an active 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 like the product, I have more energy, I don't feel hungry.

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Please describe your experiences regarding energy and Hemp Hearts:

*I have breakfast at 8:15 and have plenty of energy till
at least 4 or 5 pm*

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Please describe your experiences regarding energy and Hemp Hearts:

*Hemp hearts will keep me going till mid afternoon, when
I will have a snack, then can carry on till suppertime*

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Please describe your experiences regarding energy and Hemp Hearts:

- Feel it does give energy
- I usually use 3-4 tablespoons

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 taking Hemp Hearts for over 2 years,
I am very satisfied, I am 84 years old
and Hemp Heart gave me energy.*