

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:

Have plenty of energy and use everyday. Cancer free for 3 years. Can't say if my energy level is better due to hemp hearts or I am just getting stronger but will continue to use them as I feel super since starting.

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 a holistic practitioner and I have been using Hemp Hearts for 2 years now. I have more energy and it's great fuel for my body in the morning.

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 have used the hearts at breakfast & in the afternoon 2 Tbsps to curb hunger, when they weren't used at ^{breakfast} they give me a bit of energy & are very satisfying due to the fat content.

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Please describe your experiences regarding energy and Hemp Hearts:

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

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Please describe your experiences regarding energy and Hemp Hearts:

I know what I miss a day with my Energy Level

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

I have been using Hemp Hearts for approx 5 years now. I am a healthy person with fairly good eating habits and find the benefits of hemp hearts add very much to my well-being. I consume 4 heaping tbsps/day with fruit & yogurt, or with a fruit smoothie (made @ home), and find it keeps my hunger at bay & boosts my energy level.

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Please describe your experiences regarding energy and Hemp Hearts:

I have ~~to~~ a lot more energy in the morning. Thanks to Hemp Hearts!

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:

True. Since I've added hemp hearts to my regular breakfast I can work way past lunchtime with full energy and without hunger pangs.