

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:

Most productive hours are in the morning
especially after hemp hearts.

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I have more energy and only eat an orange plus cottage cheese for lunch and am not hungry until I have supper

We claim that those who use Hemp Hearts in quantity every morning with long fiber foods, who minimize their weight by avoiding sugar, starches and processed foods, inevitably notice improved tissue health--reduced tissue inflammation and improved tissue elasticity. Please describe any external changes experienced with respect to skin and hair conditions:

I best feel Healthier & Have more Energy through the day

Hi Roger,

I just wanted to send you a quick email, I received my goods and then I called in right away and paid. I can't believe how I feel in the morning. I have been putting 4 tablespoons of the hemp hearts into my smoothie and I am content until lunchtime. I have never eaten anything that is not full of carbs that keeps me going from 7am to noon. I had one half of the cranberry food bar for lunch, that kept me going for 3 hours, that's amazing.

I do bootcamp 3 times a week, so I am running about 33 KM every week, I now seem to have enough fuel to do this.

Thanks and I look forward to continuing using these products.

Belle

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Please describe your experiences regarding energy and Hemp Hearts:

My day starts at 8AM with my hemp hearts as part of my daily morning breakfast. I work all day then go to the gym for 2 hours go to day lunch. I have been successfully doing this for the past 4 years and feel great!

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 work in health care & long hours & shift work are a given. For dayshift, I am up at 5:00 to be at work for 7:00 & certainly have no thought of breakfast. At 5:30, 3 Tbsp of hemp hearts keep me moving until lunch time, my first meal of the day. For afternoon shift, 4:30 is my last meal of the day, & hemp hearts keep me from snacking after that. Night shift hemp hearts & fruit keep me going until morning.

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 female - 59 years of age. I have been using hemp hearts for approximately 4 years. I am very active work full-time and use gym facilities 6 days/week.

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Please describe your experiences regarding energy and Hemp Hearts:

I go to the gym on mon, wed, & Fridays in the morning & work out for 1 1/2 hrs, sometimes 1 hr. & have lunch at noon. I feel pretty good, & certainly not dragged out. I must be getting good benefits from Hemp Hearts considering my age.