

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:

I surprise myself at what I accomplish in a day

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Please describe your experiences regarding energy and Hemp Hearts:

Long, busy hours at different times of the day or night are a challenge, & hemp hearts are the only thing I know of that has worked for me.

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:

*78 year old female - started hemp hearts - Dec/06
Good health - high blood pressure - controlled
- cholesterol - controlled
Do all the gardening plus 2 gardens at golf course
Keep a raised bungalow tidy. I do all the housework*

Please describe any internal changes experienced relative to pain and tissue inflammation:

I had no previous aches & pains but have experienced my weight loss as mentioned and I feel great and have tons of energy.

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Please describe your experiences regarding energy and Hemp Hearts:

It is as you say, however sometimes cravings for other foods must be considered

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Please describe your experiences regarding energy and Hemp Hearts:

I eat 3 heaping tablespoons of hemp hearts each morning and am good till evening.

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Please describe your experiences regarding energy and Hemp Hearts:

*MY ENERGY LEVEL IS UP ON THE DAYS I EAT MY
HEMP HEARTS*

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Please describe your experiences regarding energy and Hemp Hearts:

*HAVE AMPLE ENERGY UNLESS I AM DOING EXTREME,
STRENUOUS WORK ALL DAY.*