

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:

yes. definitely more energy!

I have a protein shake with H.H. before a workout and definitely notice a difference in energy increase.

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Mornings, after eating Hemp Hearts, is my time of most energy.

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With the routine of our day we feel that the hemp hearts give us more energy regarding our exercise program that we have.

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I usually am tired by evening but have sufficient energy to get through the day.

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I have a really good energy level, I am active with Tai Kwon do, walking + cycling + 2 kids!! Always going.

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Energy is superior to any foods like carbs.

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They have helped my energy greatly, especially considering that I am a vegan + don't get much iron from other foods.