

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:

Lots of energy! It's great!

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Please describe your experiences regarding energy and Hemp Hearts:

I have lots of energy! I stopped eating hemp hearts for a few months because I wasn't eating yogurt since it is a dairy product. I missed hemp hearts so much that I went back to eating yogurt despite trying to eat vegan.

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Please describe your experiences regarding energy and Hemp Hearts:

Have good energy all day until supper time.

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Even if previous night's sleep was shortened (for whatever reason), hemp hearts seem to keep the body at an optimal & workable level of energy.

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Please describe your experiences regarding energy and Hemp Hearts:

Before hemp hearts I needed a short nap in the afternoon but no more, I keep going all day

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Please describe your experiences regarding energy and Hemp Hearts:

I have lots of energy. I work full time & find that I am able to go as long as I take my 'hemp hearts'. There is a noticeable difference when I don't eat the product.

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Please describe your experiences regarding energy and Hemp Hearts:

There have been some periods of time in which I have broken my routine of consuming hemp hearts and have found a significant difference in energy levels during workouts and throughout the day.

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Please describe your experiences regarding energy and Hemp Hearts:

Much more energy when eating hemp hearts in the morning along with whole grains & Greens + Vitamin drink