

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:

have more energy & clean out thoroughly

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 would agree. I am busy in my job until 5:00 and then have night time commitments. I usually have no problems with having enough energy

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Please describe your experiences regarding energy and Hemp Hearts:

yes- I have energy for the day

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Please describe your experiences regarding energy and Hemp Hearts:

when eating hemp hearts, seem to have increased energy level & stamina.

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Please describe your experiences regarding energy and Hemp Hearts:

My energy level has increased tremendously - family and friends have noticed the change in me.

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Please describe your experiences regarding energy and Hemp Hearts:

I do notice the mornings I do not have Hemp Hearts, I do not feel as energetic later in the day.

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Please describe your experiences regarding energy and Hemp Hearts:

I have 4 small children so low energy has been part of my life for quite awhile. With hemp hearts I feel better than usual. I ~~am~~ get through my days alot easier + dont need to nap near as much I just feel good!

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Please describe your experiences regarding energy and Hemp Hearts:

I agree, my energy level was certainly boosted with my consumption of hemp hearts.