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:

True. I feel very energetic when I use hemp hearts.

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:

Has helped my F.M.I. energy levels. I've noticed a much greater level of fatigue if for whatever reason I've not had my H.H.

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Please describe your experiences regarding energy and Hemp Hearts:

I agree that I do have more energy after eating hemp hearts for breakfast.

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Please describe your experiences regarding energy and Hemp Hearts:

As stated above, I am very active and remain full of energy after eating hemp hearts in the morning.

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Please describe your experiences regarding energy and Hemp Hearts:

My energy increase after I started taking hemp hearts was very noticeable. Not only did I begin having much more energy, but it lasted right through the day and into the evening. I run marathons, and energy for training is very important for me.

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Please describe your experiences regarding energy and Hemp Hearts:

By using HH I find I avoid the usual energy slumps throughout the day. I'm also an avid hiker/backpacker and often include HH in my lunch as well when doing the long hauls — I find that my energy (+ focus) last well into the afternoon, even on the exerting uphill grinds.

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Please describe your experiences regarding energy and Hemp Hearts:

When I have a big bowl of chopped fruit with yogurt and hemp hearts, I have energy till suppertime. I can skip lunch if necessary.

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Please describe your experiences regarding energy and Hemp Hearts:

This works for me & helps me avoid unhealthy choices.