

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 find I have more stamina, I can last through out most of the day

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Please describe your experiences regarding energy and Hemp Hearts:

Yes very much so

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Please describe your experiences regarding energy and Hemp Hearts:

WITH A GOOD HEMP HEART BREAKFAST, I HAVE STEADY + STRONG ENERGY FOR THE REST OF THE DAY. I HAVE NOT BEEN OVERWEIGHT. BUT FROM 165 LBS 3 YEARS AGO, I NOW WEIGH 161 LBS - AND FEEL GREAT!!

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Please describe your experiences regarding energy and Hemp Hearts:

I've noticed a big increase in ^{my} energy level as I work part time and don't feel so tired.

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Since using hemp hearts I have more energy than I have had for years - I don't need a nap in the afternoon and I'm 80 years old.

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Please describe your experiences regarding energy and Hemp Hearts:

YES. I FEEL THEY GIVE ME
LOTS OF ENERGY THROUGHOUT
THE DAY.

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lots of energy
but I eat a light lunch each day - mostly out of habit

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my husband leaves for work around 6 in
the morning & notices hes not so tired