

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:

My life is busy and I am always on the go. I do not have to worry about energy because I am full of it! The hearts are so good I have recommended them to so many friends

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I feel good when I do Hemp Hearts and I do have good energy

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Please describe your experiences regarding energy and Hemp Hearts:

I really feel Hemp Hearts keep me going through out the day. I have a physically + emotionally draining job... (which I love) working with special needs/handicapped young adults in a high school setting.

We claim that those who use Hemp Hearts in quantity every morning with long fiber foods, who minimize their weight by avoiding sugar, starches and processed foods, inevitably notice improved tissue health--reduced tissue inflammation and improved tissue elasticity.

Please describe any external changes experienced with respect to skin and hair conditions:

I FEEL EXTREMELY ENERGISED

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Please describe any external changes experienced with respect to skin and hair conditions:

I'm ^{not} tired looking that has the most effect on me.

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Please describe your experiences regarding energy and Hemp Hearts:

I do have enough energy mentally and physically

For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.

Please describe yourself and the length of time that you have been using Hemp Hearts:

At the beginning of my daily use with Hemp Hearts my immune system was low. I have regained energy + endurance along with clearer thinking.

We advise customers that Hemp Hearts should be eaten for breakfast with unblended raw fruit and vegetables (no fruit for diabetics) so that the long fibers in these foods will knit wastes together to ensure that individuals are not too loose, but that they clean out thoroughly.

Please describe your experiences regarding digestive health and Hemp Hearts:

I am much more satisfied and less likely to make poor choices throughout the day