

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 could agree with this even though I don't use 5 tablespoons. I went off hemp hearts, and found I was getting tired and worn down earlier in the day. I even fell asleep during TV watching earlier in the evening <sup>7:30pm</sup> without H.H. I am still awake and go swimming until 9:30pm with hemphearts.

Please describe any internal changes experienced relative to pain and tissue inflammation:

I feel great

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Please describe your experiences regarding energy and Hemp Hearts:

I feel really good when I take my hemp hearts. I am a fairly busy person all the time - didn't notice difference in energy - but I only use 2 tbspo per day.

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Please describe your experiences regarding energy and Hemp Hearts:

- Feel great

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Please describe your experiences regarding energy and Hemp Hearts:

*you know -- I believe my energy has  
I am off my anti depressants and  
feel more alive.*

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:

*On the amount I use I have noticed more energy and  
less dry skin. Generally have felt better overall.*

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Please describe your experiences regarding energy and Hemp Hearts:

*Hemp Hearts, boost my Energy and well feeling.*

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

*I definitely feel like superman after one of my  
power drinks with Hemp hearts. They taste so excellent as well.  
a great nut substitute for those with nut allergies*