

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:

Hemp Hearts has given me a more satisfied, content feeling, and allows me to have more energy as I do exercise 8x a week.

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:

Feel better, less hungry and enjoy feeling more energetic

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:

61 yrs of age. Retired - Owner of Green Haven. - Active, after retiring I had nothing to do. slowed down and could not come back. I started Hemp Hearts. Energy returned, (2 Tbsp.) I now feel like I did when I was 30-50 yrs. Great! Lynn

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 have remarkable energy. I walk 5km every day, work all day. As a matter of fact, many of my friends are eating Hemp Hearts because they want to achieve my level of energy.

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:

They provide protein & nourishment that keeps you from getting hungry like when you eat carbs for breakfast. I find it gives me energy & clarity of mind & my husband skips lunch many times as he isn't hungry.

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:

- absolutely
- not hungry in morn → at all
- sustains us with energy, no "sugar spike"
- satisfied feeling all day.

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:

Approx. 4 years I have been using Hemp Hearts. I refuse to be without the product - does all of the below lists of energy and controls my weight. Excellent!!!
love the product
Doris

3. For me the Hemp Hearts give me great energy. When I start my day off with a good high fiber cereal and Hemp Hearts I am more alert and energized at work right up until about 3 or 4 pm. If I have a good lunch then I feel better longer in to the evening. On days when I don't have the Hemp Hearts with breakfast, I crave white flour and sugar trying to find that quick energy fix. I eat better all day when I have the hemp in the morning.
 - a. My husband feels the same as I do in regards to energy. He makes sure to have breakfast first thing in the morning as he is not a morning person but the use of Hemp Hearts gives him great energy to start his day.