

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 feel good on this product &
don't lack energy

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:

I'm 65 years old, I've used hemp hearts for over a year
I've lost 30 lbs and feel much better all over.

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Please describe your experiences regarding energy and Hemp Hearts:

My energy is constant and ~~to~~ I feel so good all day long and into the evening evening.

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Please describe your experiences regarding energy and Hemp Hearts:

TONS of energy Seldom tired. I workout almost every day for 1 1/2 - 2 hours do the 60k cancer walk -- and more!

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Please describe your experiences regarding energy and Hemp Hearts:

I rode my bicycle from Victoria to Manitoba for my 20th birthday. The morning routine of hemp hearts gave me lots of energy for the day.

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

WE HAVE BEEN USING HEMP HEARTS FOR 2 YEARS ^{AT BREAKFAST} & WE ARE EXPERIENCING FEELINGS OF WELL BEING, MORE ENERGY REGULAR BATHROOM VISITS & CERTAINLY A FEELING OF FULLNESS BUT NO BLOATING. WE USE THEM ON ORGANIC CEREAL, GRANOLA OR SIMPLY ADDED TO A FRUIT SHAKE. THANK YOU.

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:

1 gives me energy so don't need as much food
1 a satisfaction feeling!

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:

A two egg omelette + toast still leave me hungry by lunch time. Hemp Hearts with fruit keep me going all day with an even level of energy as well as mental clarity.