

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 energy is very high (normal) I am going through menopause + I feel hemp hearts do help with my energy.

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Please describe your experiences regarding energy and Hemp Hearts:

For my age I think I have more energy than most people.

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Please describe your experiences regarding energy and Hemp Hearts:

I am a very active senior and it is my experience that hemp hearts helps me to maintain that busy lifestyle

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:

We used hemp hearts only 10 months, we are in our eighties and find it has helped us in many ways.

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

I am 39 yrs. old, and a mother of a 3 and 5 yr old. I have been buying hemp hearts for about 2 years. I add a handful of hemp hearts to all my baked goods and sometimes sprinkle some over food. My kids like to eat a spoonful at breakfast.

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

I am a 40yr old male and have been consuming hemp hearts for around 3 years now. My wife is 36 and has consumed hemp hearts safely through pregnancy. Our young daughter eats them as well.

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

I AM 87 YEARS OLD AND HAVE BEEN EATING HEMP HEARTS FOR ALMOST 10 YEARS - I AM IN EXCELLENT SHAPE - GOLF IN THE SUMMER AND CURL IN THE WINTER

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

I am an active 25 year old professional and I have been using Hemp Hearts for one year and a half. I use hemp hearts because I lead a very busy lifestyle and they provide me with the energy I need every day.