

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 enough energy to work vigorously until mid or late afternoon before I need something to eat. I don't feel the need to eat a lot in the afternoon or evening.

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've been using hemp hearts for two years now. By using them with my cereal & fruit in the morning I no longer have that mid-morning crash for sweets & my energy is maintained at a steady pace. I didn't need to lose much weight, just get rid of those cravings.

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 DO GIVE ME MORE ENERGY AND CURBS MY APPETITE

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 have been using hemp hearts for over a year. Every morning I take it & yogurt. I feel more full of energy and do not crave sweets like I used to.

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Please describe your experiences regarding energy and Hemp Hearts:

I have found eating hemp hearts provides wonderful energy

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Please describe your experiences regarding energy and Hemp Hearts:

I usually walk our dog twice a day and walk 18 holes of golf and have lots 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:

I am able to go 8 hrs with incredible energy, before feeling hungry!

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Please describe your experiences regarding energy and Hemp Hearts:

Absolutely! I can't ever remember having such great amount of energy since childhood!