

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:

yes I do have more 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 am 48 years old, I have been using H. H. for about 2 yrs. I am on the road a lot, and wind up eating out of restaurants. You have to choose carefully to not wind up eating a lot of fat!! My serving of hemp hearts with oatmeal in the morning makes a huge difference with energy, digestion!! and my favorite, no heartburn etc which comes with rest. food.

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Please describe your experiences regarding energy and Hemp Hearts:

With Hemp Hearts, I have ample energy. I walk 5-8 kms. daily, do volunteer work & arts & crafts. On our 2 trips to Holland & Victoria B.C. we took along Hemp Heart bars with the same results. I eat very well, sleep well and have energy to enjoy my retirement. I had a Colonoscopy this summer and the surgeon commented on how clean it was.

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Please describe your experiences regarding energy and Hemp Hearts:

In spite of consuming less food, my energy level was much higher. I slept better, had much less, (almost none) acid reflux and have not used TUMS since beginning with Hemp Hearts. My workouts at the gym finally began to show in real muscle building in spite of my age.

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

I have been a marathon runner; I am currently a fitness instructor and road biker - also a mother of 2 active boys. I teach intense workouts + demand a lot of myself in my own performance. I have been using Hemp for maybe a year now + the effect has been profound. I have energy beyond what I did before; I am not hungry until 11:00 (I eat @ 7:30) + I am leaner than I was before.

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:

It certainly keeps us going until lunch time.

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:

5 Tbsp. as part of my morning drink - lets me get to lunch without feeling faint, or starving!

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 do eat hemp heart at coffee time at work this is when I eat breakfast. So it gives me the energy I need to get thru my day at work.