

We claim that diabetics who use Hemp Hearts in quantity each morning with assorted vegetables, totally avoiding sweet fruit, starches and processed foods--minimizing their weight--are often able to improve circulation and reduce their dependence on insulin. Please describe your experiences with Hemp Hearts and any serious health condition:

NOT PERTAINABLE TO MYSELF

\* NOTE THIS PRODUCT GIVES ENERGY PERIOD!

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 notice that when I forget to eat the hemp hearts for a couple of days that my energy level goes down.

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I am an extremely active person and I still feel I have more energy thru out the day when I use the hemp hearts.

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I ALWAYS HAVE EXTRA ENERGY USING HEMP HEARTS. IT IS VERY NOTICEABLE ON THE ODD DAY THAT I DON'T HAVE HEMP HEARTS IN THE MORNING.

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Please describe your experiences regarding energy and Hemp Hearts:

As stated above @ 5tbsp per day had level energy levels. I feel pretty good only eating 2tbsp.

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Please describe your experiences regarding energy and Hemp Hearts:

on light training days I find you are right on heavy training days I need more at lunch.

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Please describe your experiences regarding energy and Hemp Hearts:

Yes, we do experience more energy than usual.

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Please describe your experiences regarding energy and Hemp Hearts:

My husband gets up early and is very active and would have a nap often in the afternoon but says since eating hemp hearts regularly for breakfast he feels he has more energy.