

We claim that those who use Hemp Hearts in quantity every morning with long fiber foods, who minimize their weight by avoiding sugar, starches and processed foods, inevitably notice improved tissue health--reduced tissue inflammation and improved tissue elasticity.
Please describe any external changes experienced with respect to skin and hair conditions:

I know I have improved mobility when I eat correctly.

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 that Hemp Hearts do get me through the day. Mon Wed and Friday I exercise for 1 1/2 hrs. Weights, treadmill, elliptical, Bikes, row machine etc. I have no problem doing 1 1/2 hrs.

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Please describe your experiences regarding energy and Hemp Hearts:

I am not overweight but active and have lots of energy,
To last all day,

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Please describe your experiences regarding energy and Hemp Hearts:

I'm 60, still work. Do yoga look after a lawn and house. Get up at 5 AM, bed at 9:30-10:00. I work hard compared to my friends my age. I'm awesome.

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Please describe your experiences regarding energy and Hemp Hearts:

I have steady energy most of the day. Sometimes, if I drink too much coffee, I'll have an afternoon crash. But with one coffee & hemp hearts I can go all day.

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Please describe your experiences regarding energy and Hemp Hearts:

I seem to have more energy.

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Please describe your experiences regarding energy and Hemp Hearts:

I BELIEVE I AM HELPED WITH MY ENERGY BECAUSE OF HEMP HEARTS ALLOWS ME TO GO TO THE GYM 3 DAYS A WEEK.

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Please describe your experiences regarding energy and Hemp Hearts:

My energy level definitely improved after taking hemp hearts for about a month.