

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 an on-again, off-again or spasmodic user of hemp hearts.
When I use the hearts, they provide me with a great deal of energy, as well as keep my bowels regular.

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 an Immune Deficiency Disorder, so it is almost impossible to get my energy level up. However, with the HH I seem to get tired less often and can make it almost through the day without having to lie down.

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:

Hemp hearts are amazing for providing a high level of protein. I will sometimes take 2-3 tablespoons either for breakfast with fruit, plus an egg or 2. Or I will take the same 2-3 T. for a mid-afternoon snack, or at bedtime. I am ^{hypoglycemic} ^{so frequent} ^{protein snacks are very important for} ^{me} ^{as my blood glucose levels} ^{are low} and hemp hearts work well for me! [+ energy]

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 started exercising 3 yrs. ago & since I started eating hemp at breakfast, I find I have a better workout.

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Please describe your experiences regarding energy and Hemp Hearts:

*I noticed an increase in energy within the first week.
I don't seem to nap in afternoons very much any more.*

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:

Energy is up.

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 quite good

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 great for the whole day
and I really notice a difference if I
miss a day of hemp hearts.*