

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 am very happy to say I have lots of energy to do all the work I love to do. Walking fast, gardening, dusting around at all times until a late supper & then I will "sit".

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Please describe your experiences regarding energy and Hemp Hearts:

I am an extremely active individual  
(I go to the gym every day @ lunch for  $\frac{1}{2}$  hr.)  
however, I do still get tired around 3:30-4:00pm -  
with hemp hearts I feel energy till 8:00-9:00pm

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Please describe your experiences regarding energy and Hemp Hearts:

Its supplies me with enough energy for the day.

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Please describe your experiences regarding energy and Hemp Hearts:

Energy is great on hemp hearts.

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Please describe your experiences regarding energy and Hemp Hearts:

I even have energy at night during my martial arts classes from taking Hemp Hearts in the morning.

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Please describe your experiences regarding energy and Hemp Hearts:

I am active and have enough energy to stay busy until after the evening meal

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Please describe your experiences regarding energy and Hemp Hearts:

LOTS OF ENERGY

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Please describe your experiences regarding energy and Hemp Hearts: My energy level is high for my age since I have been using Hemp Hearts. I can work circles around women much younger than myself. If I miss my Hemp Hearts at breakfast time I find my energy is down.