

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:

*This statement is true*

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Please describe your experiences regarding energy and Hemp Hearts:

*I have plenty of energy and require less sleep than in the past, however I don't know how much of this can be attributed to exercise or hemp hearts in my diet. It is probably a bit of both.*

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Please describe your experiences regarding energy and Hemp Hearts:

*I have energy all throughout the days I eat the hemp hearts.*

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Please describe your experiences regarding energy and Hemp Hearts:

*ENERGY LEVELS VASTLY IMPROVED*

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Please describe your experiences regarding energy and Hemp Hearts:

yes, the hemp hearts do increase my energy level

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:

I also take them at some a lunch time to keep up my energy level.

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Please describe your experiences regarding energy and Hemp Hearts:

I see, I am extremely overweight and find the hearts help me go longer before needing to stop for food or rest.

We need the assistance of those who are using Hemp Hearts. Your reply will be used on an informational web site to defend Hemp Hearts against US government and other challenges.

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 use hemp hearts because they give me lots of energy & they are not hard to take