

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:

1. Have adequate energy for day

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:

True - usually have enough energy throughout the day

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Please describe your experiences regarding energy and Hemp Hearts:

Same here

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 am not taking it for weight loss etc. I just like how it tastes. Two tablespoons with fruits & nuts in the morning makes my breakfast tasty. It does work on regularity, & gives energy too!

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Please describe your experiences regarding energy and Hemp Hearts:

Yes, if I eat hemp hearts in the morning, I have energy almost all day without eating until 3-4 o'clock.

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Please describe your experiences regarding energy and Hemp Hearts:

I have a stressful job and work 10 hours a day, and a high metabolism so I require a lot of ~~energy~~ fuel / burn a lot of energy. It wouldn't keep me going until evening, but definitely gives me more energy and I notice when I don't eat it.

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Please describe your experiences regarding energy and Hemp Hearts:

Increased energy for sure

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Please describe your experiences regarding energy and Hemp Hearts:

By taking four tablespoons I ~~do~~ require a peanut butter slice of bread at 3:00pm to boost my energy level.