

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:

Prior to using H.H.'s my energy levels would fluctuate throughout the day - blood sugar levels rising & falling noticeably - H.H.'s have levelled all these highs & lows in energy etc. I find that I don't have the hunger pangs I used to.

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 had more energy since I've been taking this product.

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:

Above average 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:

My energy is very good most of the time and again, I attribute this at least in part to hemp hearts + diet.

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Please describe your experiences regarding energy and Hemp Hearts:

We both have excellent energy
I can keep active all day -

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 suffer from Chronic Pain + Severe Fatigue.
Since I've been using Hemp Hearts, ① I have marked energy increase. ② My Constipation, caused by medication has vanished, now I have several movement daily.

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:

Hemp hearts without question
give me much more daily energy.
If I anticipate an active or
heavy work day I always eat more
hemp hearts to prepare me.

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Please describe your experiences regarding hunger and Hemp Hearts:

Hemp hearts in my diet definitely
helps sustain my energy throughout
the day and I require less food
than I used to.