

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 is very true. I definitely don't feel hungry until after lunch.

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Please describe your experiences regarding energy and Hemp Hearts:

I am no longer extremely active because I am in a retirement home. I have plenty of energy for the day and I do feel the difference when I do not take my Hemp Hearts - when I am traveling or visiting in other cities.

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Please describe your experiences regarding energy and Hemp Hearts:

We haven't followed the directions but enjoy the Hemp Hearts especially the ones which give us energy & we feel full after eating them.

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 keep me full until lunch. I have more energy when I eat them than when I do not. Have noticed a remarkable difference when not consumed for example when I'm travelling.

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 a 54 year old woman who has used them for about a year. They have given me so much energy and I do not get sick often

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Please describe your experiences regarding energy and Hemp Hearts:

Agree. Energy levels are fairly good.

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Please describe your experiences regarding energy and Hemp Hearts:

Feeling energetic all day is a challenge for me even on a good day but I do notice a more even energy when I eat Hemp Hearts. Actually I should say I notice a decrease and/or fluctuations in energy when I miss or delay at breakfast or eat them every day.
usually

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Please describe your experiences regarding energy and Hemp Hearts:

I HAVE ENERGY ALL DAY