

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:

The energy is immediately when taking Hemp Hearts.

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Please describe your experiences regarding energy and Hemp Hearts:

I am a hairdresser I work 4 1/2 days a wk ^{8 by days} I keep house look after my husband & a grandson help with yard work. We enjoy going out once a wk & participate at church. My energy is very good since I added Hemp Hearts to my diet. Now mind you I am tired by Fri but I recuperate very well I really think the Hemp Hearts help.

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Please describe your experiences regarding energy and Hemp Hearts:

I have a high level of energy
all day

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Please describe your experiences regarding energy and Hemp Hearts:

I have a lot of energy

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Please describe your experiences regarding energy and Hemp Hearts:

I really Feel Hemp Hearts keep me going through out The day. I have a physically + emotionally draining job... (which I love) working with special needs/handicapped young adults in a high school setting.

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Please describe your experiences regarding energy and Hemp Hearts:

I have been eating approx 3 table spoons most mornings & have sufficient energy I would describe myself as active

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Please describe your experiences regarding energy and Hemp Hearts:

Hemp hearts are great for energy. I don't get tired any more during the day

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Please describe your experiences regarding energy and Hemp Hearts:

I have lots of energy - very seldom tires out