

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:

Sustaining energy levels are
helpful as I am studying a Masters
Program at this time.

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 an 81 yr old fairly active retired farmers wife. After an illness three years ago I told my friend of my lack of energy. She recommended Hemp Hearts and I've been taking them ever since.

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Please describe your experiences regarding energy and Hemp Hearts:

Since I have hip problems, my energy last to mid afternoon

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Please describe your experiences regarding energy and Hemp Hearts:

- I have a very ~~high~~ physical job
+ H.H. helps my energy level
to maintain until lunch.

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Please describe your experiences regarding energy and Hemp Hearts:

DEFINITELY a good ENERGY SOURCE, I don't eat them as described as above.

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Please describe your experiences regarding energy and Hemp Hearts:

I find that you do seem to have more energy. I do not get very much sleep so having the energy to get through my days is very helpful.

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Please describe your experiences regarding energy and Hemp Hearts:

I have great energy

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Please describe your experiences regarding energy and Hemp Hearts:

It definitely gives me more energy