

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:

Lots of energy and not tired.

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Please describe your experiences regarding energy and Hemp Hearts:

I HAVE MORE ENERGY NOW THAN EVER BEFORE

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Please describe your experiences regarding energy and Hemp Hearts:

I can attest that when I consume the suggested 5Tbs of H. Hearts, my energy level is excellent till suppertime around 6pm.

We claim that diabetics who use Hemp Hearts in quantity each morning with assorted vegetables, totally avoiding sweet fruit, starches and processed foods—minimizing their weight—are often able to improve circulation and reduce their dependence on insulin.
Please describe your experiences with Hemp Hearts and any serious health condition:

My son has diabetes and he loves Hemp Hearts in his morning smoothies. Helps his energy up and helps keep his blood sugar in tack.

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Please describe your experiences regarding energy and Hemp Hearts:

I noticed a definite increase in energy level when I started using hemp hearts. I don't eat 5 table spoons, more like 4 but there's no doubt that my energy is higher and for longer time during the day.

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Please describe your experiences regarding energy and Hemp Hearts:

I find that eating hemp hearts by 0900hs will keep my energy up for my workday (which usually ends at 1700hs).

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Please describe your experiences regarding energy and Hemp Hearts:

Since starting hemp hearts I feel a lot more energy!

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Please describe your experiences regarding energy and Hemp Hearts:

I am a very active senior and it is my experience that hemp hearts helps me to maintain that busy lifestyle.