

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 do feel I have more energie than before
overall I feel a lot better.

Please describe any internal changes experienced relative to pain and tissue inflammation:

The energy and digestive aid from H. Hearts keeps one from being sluggish and plugged up.

The sluggish feeling causes one to grab a snack rather than water.
Being plugged up causes inflammation.
When I feel sluggish I'm also easier depressed, stiffness sets in the joints

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Please describe your experiences regarding energy and Hemp Hearts:

Hemp Hearts increase energy & a feeling of well-being.

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 have eaten the natural food product, Hemp Hearts for 5 years. I am a business owner, who could not easily return to my company after a 5 year leave to care for a critically ill son. He died in 2003. I am not sure I would have had the physical stamina to rejoin my life and my career had it not been for the energy & well-being I get from Hemp Hearts.

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Please describe your experiences regarding energy and Hemp Hearts:

Since I've taking the Hemp Hearts I have much, much more energy than I used to have. And I feel more alive.

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Please describe your experiences regarding energy and Hemp Hearts:

The first year after Chemo was very difficult. The second was much better and by the end of the second (spring 2008) I had a lot more energy and vitality.

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Please describe yourself and the length of time that you have been using Hemp Hearts:

I have been on Hemp Hearts and have been feeling 100% better than I was before.

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Please describe your experiences regarding energy and Hemp Hearts:

I am energized when I eat Hemp Hearts