

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 am 88 years old and still am active I believe and know that hemp has a lot to do with that.

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Please describe your experiences regarding energy and Hemp Hearts:

I have found HH to increase my energy level considerably.

I am 77 and can do my garden & domestic chores

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 72 year old woman I have used the HH for four years. To say I am active is an understatement

A 10k hike once a week, gym twice weekly, walking club twice weekly, dancing, bowling, gardening, dragonboating

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Please describe your experiences regarding energy and Hemp Hearts:

My energy level had & still is increased. From stopping at 3pm - I am still energetic until approx. 8 PM. That's an increase of 6 hole hrs. I feel like my old self again. I am 71 1/2 yrs old and can now again work a full day from 9 AM to 5 PM without tiring

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:

I am not a diabetic, my doctor thinks I am in amazing good health and should see 100 years or better

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

I am a healthy 56 year old male  
Father of 4 and Grandfather of 5  
I am a landscaper by trade  
I have been using hemp heart for 5 years.

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

I have been using hemp hearts for approx. 5 years.

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

My Name is Eva  
I am 73 years old and I have used Hemp Hearts for the last 6 or 7 years.