

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

5 Tbsp. EVERY MORNING - FILLING, HEALTHY & KEEPS ME FROM BEING HUNGRY + OVEREATING THE REST OF THE DAY.

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Please describe your experience regarding hunger and Hemp Hearts:

Hemp hearts have curbed the hunger. We have energy and stamina, am losing weight.

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Please describe your experience regarding hunger and Hemp Hearts:

NOT HUNGRY UNTIL MID AFTERNOON  
MOST DAYS

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Please describe your experience regarding hunger and Hemp Hearts:

NO HUNGER

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts: I started eating 5 TBL SPOONFULS 4 MONTHS AGO, I'm NOT hungry until around 5 PM, They sustain me all day. you just DON'T get hungry.

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Please describe your experience regarding hunger and Hemp Hearts:

I had high Cholesterol & was told to avoid eggs bacon etc Basic foods for breakfast. I started to use hemp hearts in a shake and can work all morning before needing something to eat. I work hard physically so to keep me going until lunch is great. I used to need to eat BY 10.00 AM.

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Please describe your experience regarding hunger and Hemp Hearts:

I use 2 to 3 Tablespoons of Hemp Hearts daily - I intend to try more. I have no hunger during the day.

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Please describe your experience regarding hunger and Hemp Hearts:

I never seem to get really hungry.