

**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:**

It is true, for me, that I do not feel very hungry at lunch time and am quite content with fruit or yogurt. And again, at dinner, the appetite, happily, is reduced.

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**Please describe your experience regarding hunger and Hemp Hearts:**

HEMP HEARTS DEFINITELY HELP WITH  
ANY HUNGER PROBLEMS

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**Please describe your experience regarding hunger and Hemp Hearts:**

Not as hungry, went went  
down

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**Please describe your experience regarding hunger and Hemp Hearts:**

It certainly keeps us going until lunch time.

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Please describe your experiences regarding hunger and Hemp Hearts:

I take Hemp Hearts every morning at 7AM and I am never hungry until 1PM or later. I am a firm believer in the good results of Hemp Hearts.

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:

Same as above, I'm usually not that hungry all day, and I use only 3 tablespoons every morning.

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Please describe your experience regarding hunger and Hemp Hearts:

HEMP HEARTS PROVIDE ME WITH A SATISFIED FEELING AND TAKE A COMFORTABLE ROUTE THROUGH MY BODY. I MAINTAIN A GOOD FLUID INTAKE (USUALLY GREEN TEAS) AND THIS SEEMS TO WORK WELL TO KEEP ME FEELING FULL ALONG WITH THE BULK FROM THE HEMP SEEDS.

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Please describe your experience regarding hunger and Hemp Hearts:

My hunger pangs are no longer.