

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:

When I have Hemp Hearts I am not hungry at all For at Least 5 hrs.

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Please describe your experience regarding hunger and Hemp Hearts:

It satisfies my hunger - I never seem to be starving

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Please describe your experience regarding hunger and Hemp Hearts:

I don't use five tablespoons I only use 3 and I'm not really that hungry most of the day. The wife also uses this and finds that she has more energy also.

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Please describe your experience regarding hunger and Hemp Hearts:

HEMP HEARTS ELIMINATE HUNGER.

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Please describe your experience regarding hunger and Hemp Hearts:

I feel satisfied and full until lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

I am full till about 3 p.m.

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Please describe your experience regarding hunger and Hemp Hearts:

Hemp Heart keep me full till lunch, never need a snack.

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Please describe your experiences regarding hunger and Hemp Hearts:

Hemp hearts definitely help me go to lunchtime without hunger and my lunch is usually not until 2 p.m.