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:

/ usually have my Lear's at 10: a.m. everyday.

The henger doesn't get beleased intul about 4 p.m.

The feeling is great If I do eat it usually is really

Inglit.

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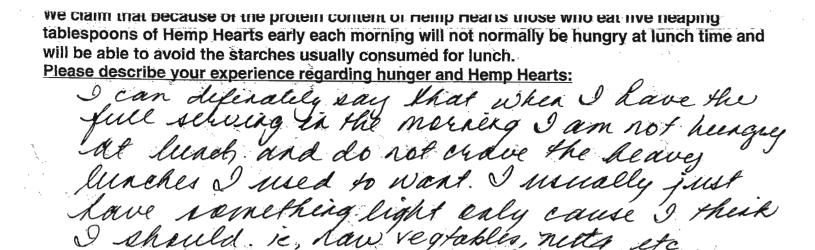
Please describe your experiences regarding hunger and Hemp Hearts:

When I do have the 5 TBSP of Hemp Hearts with my cereal in the mornings, it will be mid-afternoon before I feel beingy.

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:

5 Hosp. as part of my morning drink-lets me get 1 to lunch without feeling faint, or starving.



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Please describe your experiences regarding hunger and Hemp Hearts:

I am not hungry 4 HRS fater and

Only have a can of "Dirbetic" drink

because I must and

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 EATING HEMP HEARTS EQUIPMENT THAVE NO HUNGER AT LUNCH IN THE WINTER WHEN I AM NOT SO BYSY AND JUST NEED ALIGHT SYPE OF SUPPER SALAD + A PIELE OF SAUSAGE IN THE SUMMER & NEED A LIGHT LUNCH + A FULL SUPPER AS I AM VERY ACTIVE + LONG HOURS IN THE SUMMER SPRING + FALL

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 USE LESS BUT , The IPS WITH MY hunger