

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 take 4 tsp. every morning which hold me over until 4 pm.

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 have ~~not~~ found that I can avoid lunch when I've had hemp hearts at breakfast. However I do find that I don't get the awful hunger pangs that I used to. Hemp hearts <sup>do</sup> seem to stabilize my metabolism, and sustain me longer through the day.

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 only take 4 heaping tablespoons, in morning  
And don't eat again till supper time.

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:

hunger is far less

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Please describe your experience regarding hunger and Hemp Hearts:

I USE 4 HEAPING IN AM. @ 0600 AND  
I COULD GO 12 HOURS WITHOUT BEING  
SO CALLED "HUNGRY"

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 have never taken more than four  
tablespoons of Hemp Hearts each morning  
and never have an appetite for lunch

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:

This claim is true I have  
reduced my amount of food  
substantially.

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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 have fairly high metabolism and chronic appetite. When younger,  
I ate up to 4,000 calories daily and stayed slim. As I age, I notice  
I don't need as many calories now, and I would agree that the  
hemp hearts have helped me feel less "hungry-all-the-time". I  
last up to six hours between meals (my norm was about two hours).