

For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.

Please describe yourself and the length of time that you have been using Hemp Hearts:

2-3 years I have been using regularly I find it satisfies my appetite until mid afternoon. I have had it with yogurt & fruit & recently put it in a smoothie with flax seed sunflower seeds & pumpkin seeds fruit juice various fruits & berries. It tastes good & lasts 6+ hours

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:

definitely decrease hunger - I don't ~~eat~~ even use 5 table spoon - only I = yogurt + a bit of cereal.

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 put Hemp hearts on my almond butter on toast or in my muesli / oatmeal at breakfast. It definitely keeps away hunger through a busy morning.

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:

It definitely helps stave off hunger during the morning. If I don't eat the hemp hearts I often get

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Please describe your experience regarding hunger and Hemp Hearts:

As I am retired I don't always eat early in the morning, but hemp hearts will keep you from needing lunch.

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:

I do eat hemp heart at coffee time at work this is when I eat breakfast. So it gives me the energy I need to get through my day at work.

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Please describe your experience regarding hunger and Hemp Hearts:

I have a 1 1/2 tablespoons in the morning with paragon  
- mellette  
and am not hungry til around 3:30 p.m.

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Please describe your experience regarding hunger and Hemp Hearts:

Keeps me satisfied til lunch