

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 seem to have more energy and feel less hungry thru-out the day when I use the hemp hearts in the morning.

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Please describe your experience regarding hunger and Hemp Hearts:

Adding Hemp hearts to breakfast (3 +bsp) keeps me full until lunch time. I do not skip lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

I find this to be true.

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Please describe your experience regarding hunger and Hemp Hearts:

I only use 2 +bsp in the morning with cooked oatmeal. Tried 5 +bsp, made my stool too loose. This 2 +bsp is a good balance. I did find when I was eating 5 +bsp my appetite did decrease +

ADDD

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:

I am 68 yrs old and a diabetic, I have used hemp hearts for over 3 years. I find that after I have some hearts for breakfast, I cut down on my eating and because of this my sugar level is down.

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Please describe your experience regarding hunger and Hemp Hearts:

I am satisfied longer when I include 2 tbs of hemp hearts w/ my breakfast. I do this at least 5 times/week.

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Please describe your experience regarding hunger and Hemp Hearts:

I use 3 heaping tablespoons each morning and this certainly makes a difference at lunch.

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:

Dear Roger: Our experience has not been very drastic because we don't take 5 table spoons as you recommend. I take 2 1/2-3. My wife takes 1 1/2 table spoonsful for breakfast, that keeps our bowles regular and we miss lunch. We have been on the Hemp hearts for about 2 years. ~~stopped~~ ^{suggested} with Hemp Hearts -
Thank you very much for faithfully keeping ~~up~~ ^{up} with Hemp Hearts -
Yours truly Ben & Agnes