

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:

YOUR CLAIM IS CORRECT. MY APPETITE HAS BEEN LESSONED WITH USE ALTHOUGH I STILL EAT 3 MEALS A DAY, OUT OF HABIT, BUT PORTIONS FOR LUNCH, WHICH MY 'BIG MEAL' AT SUPPER IS JUST A NIGHT SNACK.

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Please describe your experience regarding hunger and Hemp Hearts:

I do not feel hungry during the day but because I'm a diabetic I have to have a snack mid-morning or I will get a low-blood. Since being on the Hemp Hearts I've been able to discontinue one of my medications - wow!!

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eater as prescribed hunger pangs are considerably less + episodes of low blood sugar diminished

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Please describe your experience regarding hunger and Hemp Hearts:

2 Tbsp. hemp hearts in a.m. even while in hospital (2 weeks in December) I lost weight in hospital but went back to my normal wt. of 129 lbs. once home, Hemp hearts made my bowels work and keep me home. Hemp hearts satisfy my hunger

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Please describe your experience regarding hunger and Hemp Hearts:

I included hemp hearts in my cooked oats for breakfast and I really wasn't hungry @ lunch time.

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Please describe your experience regarding hunger and Hemp Hearts:

Sometimes - I experience hunger pains at lunch after having hemp for breakfast, but more times than not it fills me up.

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've been taking hemp hearts for three years for breakfast every morning and I have no problems with missing a meal at lunch time, and I have energy to build.

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Please describe your experience regarding hunger and Hemp Hearts:

Add hemp hearts^{4 heaping} into a small amount of porridge each morning and it seems to curb my appetite for about 6 hours.