

**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:**

Some days when I'm busy working in the garden, I don't stop for lunch I'm not hungry and I keep working till 6 o'clock in the evening and I still have energy to burn.

**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:**

most days I miss lunch, and do not feel hungry. As hemp hearts give me plenty of energy

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**Please describe your experiences regarding energy and Hemp Hearts:**

My energy is much increased when I have had the Hemp Hearts. I especially like the bars. I break up  $\frac{1}{2}$  a bar & have it in my purse when doing errands & nibble on them. I do not get hungry

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**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.

Ann

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Please describe your experience regarding hunger and Hemp Hearts:

HEMP HEARTS KEEP ME GOING FROM 7 AM - 12 NOON AT WHICH TIME I GET HUNGRY. I EAT A SALAD WITH 2 SLICES OF MADE WITHOUT FLOUR BREAD. FOR BREAKFAST I EAT A SMALL BOWL OF OATMEAL WITH HEMP HEARTS

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Please describe your experience regarding hunger and Hemp Hearts:

When I don't eat for breakfast I notice I'm hungry by 10 am. When I do eat I can go until 1 pm.

I would be in trouble without them!

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Please describe your experience regarding hunger and Hemp Hearts:

I usually eat breakfast late, around 10:30 am and I can, most days get away with eating a very light lunch around 3 pm. It really keeps me feeling full.

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Please describe your experience regarding hunger and Hemp Hearts:

Use 3 tbsps of hemp daily, usually eat only breakfast & supper around 5 pm. Some ~~snacks~~ snacks of fruits during day, but usually not very hungry.