

We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.

Please describe your weight control experiences with Hemp Hearts:

I am controlling my weight, I am not obese so I do eat a lunch but hemp hearts help energy - charger until lunch. I am a busy mom who needs <sup>this</sup> extra energy

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:

As above, I find that I'm not hungry till the afternoon. And I'm healthy weight, and medium active due to my stroke.

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:

Yes, 100% true - I am seldom hungry - maybe by evening, depending on what I ate during the day. I use to be hungry every day at 11 o'clock - no avail. I eat very healthy - I have to, but also it is easy to do now.

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Please describe your experience regarding hunger and Hemp Hearts:

I take hemp hearts around 9 AM and yes lunch time I'm not hungry

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**Please describe your experience regarding hunger and Hemp Hearts:**

Has reduced my hunger greatly.

**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 eat 5 tablespoons of hemp hearts and its true I'm not hungry at lunch time and at dinner time it takes very little food to full my stomach.

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**Please describe your experience regarding hunger and Hemp Hearts:**

It has helped me control my hunger and I certainly notice a difference if I miss taking hemp in the morning.

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**Please describe your experience regarding hunger and Hemp Hearts:**

If I have hemp hearts in my oatmeal for breakfast @ 7:00 am, I can enjoy a light lunch of cottage cheese and salad without pangs of hunger.