

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:

*Finding this excellent source of vegetable protein was a fantastic discovery for me because it allowed to me virtually eliminate my consumption of meat products. Now I depend on Hemp Hearts for my almost total source of protein and even eating only two or three heaping tablespoons of Hemp Hearts with my cereal or green smoothie each morning gives me the energy to go throughout the day without feeling hungry.*

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Please describe your experience regarding hunger and Hemp Hearts:

*For breakfast I typically eat 5 tablespoons of Hemp Hearts with fruit such as blue berry or/and banana, ~~staple~~ (around 7am). I am able to <sup>pass the morning needing</sup> ~~consume~~ only water even ~~from breakfast to lunch time~~ though I have a fast metabolism and generally need an extra snack.*

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 started using hemp hearts - I was always hungry, fatigued - not well. I use hemp hearts with cereal everyday - which has curbed my appetite - also my body does not ache all over - like before.*

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Please describe your experience regarding hunger and Hemp Hearts:

*NOT USALLY THAT HUNGRY BUT WILL HAVE LUNCH. I AM 6' TALL 162 LBS.*

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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 don't really eat hemp hearts for weight control but I know that eating the hemp hearts has certainly reduced the amount of craving I used to have; especially the 3:00 pm one - have no hunger now at that time.

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Please describe your experience regarding hunger and Hemp Hearts:

I believe the Hemp Hearts certainly helps with curbing hunger & reduces sweet tooth

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 have noticed that my cravings & hunger pangs are less, hemp heart make all the difference in the period of breakfast to lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

I don't feel hungry but my habit is to eat at least 3 meals a day.