

**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 use 2 to 3 tablespoons of Hemp Hearts daily - I intend to try more. I have no hunger during the day.*

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

*Does quench the appetite but only if using the 5 table spoons per day, any less does not work quite as well.*

**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 need only 2-3 tablespoons that keeps me cognitively and physically energized and sometimes I have gone all day without remembering to stop and eat.*

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

*When I use the hemp hearts I do not feel hungry or irritated as I would with regular food. The hemp hearts fill and does not make me feel full + tired. It gives me a light tummy feeling and no tiredness.*

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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.

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Please describe your experiences regarding hunger and Hemp Hearts:

I follow the guide sent with Hemp Hearts and I do not feel at all hungry at lunch time - usually around three P.M. I will have something to eat but I don't have any desire for party etc. - and I could go without food till later but just think I should have a little around three o'clock - sometimes later.

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Please describe your experience regarding hunger and Hemp Hearts:

OVERALL - LESS HUNGRY -  
EAT SMALLER PORTIONS THROUGHOUT THE DAY (FRUIT, VEGGIES,  
ETC.)  
EATING MUCH HEALTHIER

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Please describe your experience regarding hunger and Hemp Hearts:

I have found since taking the Hemp hearts I don't have the cravings for sweets as before. Also I am satisfied with small meals and consume fruit instead of starches. I don't feel hungry as often, as I did before taking the Hemp hearts  
I drink a lot more water, instead of eating as I used to