

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:

If I have Hemp Hearts, and am doing only light work, I can carry on until around 3:00-3:30pm. with only light hunger pangs. However if working I do feel hungry by 1:00pm. I am a physical Heavy duty mechanic. @ times I work out on treadmill ~~feet~~ m/c (walk 5+ kms). This is with 1 portion of hot cereal - No fruits (diabetic) or vegetable.

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Please describe your experience regarding hunger and Hemp Hearts:

Corrects my lunch consists of maybe a bowl of soup and/or perhaps a half of a sandwich; and/or an Apple. This is so 4 heaping teaspoons of hemp heart at 6:30 AM daily due to my blood pressure medication - My doctor had it it feel good, keep on taking my hemp hearts.

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Please describe your experience regarding hunger and Hemp Hearts:

I only take one tablespoon but I can miss lunch easily but by 2 PM I am very hungry.

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Please describe your experience regarding hunger and Hemp Hearts:

I use the Hemp Hearts in the morning ~~and~~ or lunch time, depending on the schedule of my day. At either time my hunger is suppressed and I use only 3 heaping tablespoons.

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Please describe your experiences regarding hunger and Hemp Hearts:

I find with the hemp in the am I really dont feel hungry. - So I dont nibble all day - I do eat 3 balance meals each day - Lots of salads with hemp sprinkled on top.

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 have found more energy and less appetite.

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Please describe your experience regarding hunger and Hemp Hearts:

I could miss lunch very easily but always have a salad or light snack

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Please describe your experience regarding hunger and Hemp Hearts:

I decided to take 3 tblep each morning versus 5. I normally take it about 6:30 am with yogurt or fruit. I usually do not feel hungry until 12:00 noon or so.