

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:

My wife and I have been using hemp hearts since 2003, I am 73 years old and have a cholesterol problem and these help control my cholesterol count. I have 3 tbs. of hemp hearts with my cereal in the morning and can nicely go to dinner without food.

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:

We agree with your above statement

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 experiences regarding hunger and Hemp Hearts:

We use the hemp hearts on our cereal everyday. We do not have a big lunch as we do not feel hungry, we usually have a fruit smoothie.

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Please describe your experience regarding hunger and Hemp Hearts:

I only took 4 tbsp each AM. - with yogurt or all bran cereal & that takes care over well pass lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

I find hemp hearts to be very satisfying and keep me going for many hours without hunger.

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Please describe your experience regarding hunger and Hemp Hearts:

I take 5 spoonful at
Breakfast then I go
Working and I am not hungry
till late lunch

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Please describe your experience regarding hunger and Hemp Hearts:

Since I have started taking hemp hearts
I find I really don't feel hungry
until 3 or 4 in the pm.

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Please describe your experience regarding hunger and Hemp Hearts:

My experience has been that when I normally
eat the 4-5 heaping Tbsp hemp hearts with my
fruit I am not hungry till late in the day