

<sup>7 New A890026</sup>  
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 could be described as a food junkie. Since I've been taking Hemp Hearts I can often be surprised to see that it is 3:00 pm before I feel hungry again.

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Please describe your experience regarding hunger and Hemp Hearts:

later in the morning  
I rarely crave food til lunch

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 haven't been hungry or had cravings eating the hemp hearts for duration of the day!

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Please describe your experience regarding hunger and Hemp Hearts:

When I take it in the morning I definitely do not have cravings like usual. I feel full for most of the day.

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2  
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:

Hemp Hearts are instrumental for me when I am fasting to prevent my hunger and help me to decrease consumption of other foods not suitable during weight loss diet.

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Please describe your experience regarding hunger and Hemp Hearts:

Hemp hearts gave me satisfaction at my meals so I wouldn't be hungry

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 in Jan. 06. I was experiencing low energy & my breakfast wasn't carrying me through the morning. I am retired and enjoy exercising more frequently since using Hemp Hearts.

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Please describe your experience regarding hunger and Hemp Hearts:

Usually I use about 3 tablespoons in the morning and I find that I am ready for lunch. In the mornings I work out & then generally do a 4 mile walk so I don't expect this to be enough to curb hunger