

**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 still eat lunch though I am not hungry waiting for lunch.  
If I don't eat the Hemp Hearts I'll have lunch down by 10:00

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

When working hard - physically - I have no hunger pangs ~~at~~ when having a Fruit-yogurt, Hemp heart breakfast, I find I get 5-6 hours of good energy

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

I've been eating my 5tbsp. of Hemp Hearts every morning and find that sometimes lunch hour passes me by because I've not been hungry although I do try to eat a healthy lunch every day because I think it's better for me.

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

I am less hungry

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

With my experience I notice that when taking Hemp Hearts, I don't get hungry as much.

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

Reduces appetite

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This is accurate. I can go right through to evening meal without hunger.

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

Very true,  
my husband, myself and our Boys eat them every morning gives us a good start my boys say they are more alert for school and us for work, more energy not so tired.