

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: this is so true

I have already lost 15 lbs, first time in 5 yrs, and never hungry, even though I work physically hard every day.

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 agree with this statement.

I've found that minimal consumption of food at lunch is required, and the desire for starches + sugars was significantly decreased

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 consume hemp hearts each morning, usually 2 Tbs, and find that I do not feel the need to eat again for at least 3-4 hours.

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:

Hemp hearts reduce my hunger - I do eat several small meals a day but I don't need any big amounts of food nor do I crave them.

A0047

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 TOTALLY AGREE, I HAVE 5 TABLESPOONS ON MY CEREAL EACH MORNING AND SKIP MY MORNING SNACK. I DEFINATELY DO NOT FEEL HUNGRY UNTIL WELL AFTER NOON.

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:

I use hemp hearts most mornings. I know for a fact that the days I consume them, I do not need or want to eat until early/late afternoon. I do not crave bread as I usually do. The days I do not eat the hemp in the morning, I find I am 'snacking' on anything the rest of the day.

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:

IT GIVES ME A FULL FEELING FOR A FEW HOURS -
- SO I CAN SKIP LUNCH. I USUALLY DO NOT
EAT 5 TABLESPOONS OF HEMP HEARTS THOUGH -
- I EAT 3-4 SPOONS - (IN THE MORNING)

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:

THIS DOES NOT REALLY APPLY TO ME AS I AM VERY ACTIVE. HOWEVER, THERE HAVE BEEN MANY DAYS WHERE I FORGOT TO EAT MY LUNCH UNTIL WELL AFTER 2:00PM AND I START WORK AT 6:45 AM.