

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 every second day in the morning with my cereal. I find that I am not hungry until mid-afternoon. A light snack is all I need until supper time.

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Please describe your experience regarding hunger and Hemp Hearts:

Your claim for Hemp Hearts regarding hunger certainly work for me and others to whom we referred your product including ^{your} customers in U.S.A

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Please describe your experience regarding hunger and Hemp Hearts:

Hemp Hearts keep me full until lunch. I have more energy when I eat them than when I do not. Have noticed a remarkable difference when not consumed for example when I'm travelling.

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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:

I don't follow these eating guidelines but friends have said it does "hold them over" till dinner.

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Please describe your experience regarding hunger and Hemp Hearts:

I always put Hemp Hearts in my cereal or oatmeal in the morning. About 2 tablespoons. The times I am in a hurry and forget I am always hungry at around 10:30 at work. With Hemp Hearts, I am good until lunchtime.

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Please describe your experience regarding hunger and Hemp Hearts:

I have my 5 tbs of hemp hearts with yogurt every morning, I still have lunch, but I have a highly active job, but I don't get hunger pangs like I used to.

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Please describe your experience regarding hunger and Hemp Hearts:

I don't often get them eaten in the early morning but they do curb your hunger.

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:

Well, I always have a lunch of raw vegetables + a bit of fish to make sure I'm getting all my B vitamins + vegetable group in for the day.