

**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:**

not hungry therefore avoid a quick fix

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

I'm not normally hungry @ lunch since taking Hemp Hearts.

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

I really think the Hemp Hearts keep my hunger in check. I usually have 3-4 heaping tablespoons with my yogurt + fresh fruit... almost daily.

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

When I eat 5 tablespoons of Hemp Heart seeds in yogurt, cereal, for breakfast I am not hungry at lunch & can usually eat a snack of fruit, vegi's along w/ a few almonds. This holds me over until dinner. My sugar/sweets cravings are greatly reduced. My energy levels are higher and my ~~bowel~~ bowel movements are regular and healthy.

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Please describe your experience regarding hunger and Hemp Hearts:

I have found this to be true, primarily with the lack of hunger.

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Please describe your experience regarding hunger and Hemp Hearts:

AT NO TIME DO I FEEL HUNGRY OR HAVE ANY LACK OF ENERGY AS LONG AS I HAVE HAD MY HEMP HEARTS IN THE MORNING

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Please describe your experience regarding hunger and Hemp Hearts:

Hemp hearts stop me feeling hungry between meals so I do not have to snack.

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Please describe your experience regarding hunger and Hemp Hearts:

I do not consume that much at a time, but definitely have noticed since I added protein to breakfast I am not hungry for the mid-morning snack I always had before.