

**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 use only 3 heaping tablespoons every morning and some days I am hungry & some days not. But not super hungry like I use to be before taking hemp.

**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 do satisfy my hunger quickly and easily. It is a great source of protein for me, when I am in a rush, or when I need a quick meal or snack.

**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 with this however I only eat 3 heaping tablespoons along with yogurt & fruit or cereal as I feel too full using 5 tablespoons.

**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 use two heaping tablespoons of Hemp Hearts along with fruit on my cereal every morning and find that a drink & light snack at noon satisfies my hunger until dinner in the evening.

A0054

**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:**

*They held me well until early afternoon when I have them with cereal.*

**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 am less hungry since I started using Hemp Hearts, but still eat 3 ~~meals~~ meals a day as per my diet schedule.*

**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 eat Hemp hearts every morning at approximately 8am and I will eat a lean lunch at noon every day. Usually a chicken salad.*

**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:**

*5 TBS. IS TOO MUCH FOR MY SYSTEM. 3 TBS. WORKS VERY WELL. I AM USUALLY READY TO EAT AGAIN BY LUNCH TIME, BUT EXPERIENCE NO HUNGER BETWEEN MEALS = SOMETHING I HAD BEFORE!*