

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 not as hungry during lunch or rest of the day.

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:

I tend to be fairly high energy with a very high metabolism. Hemp hearts are a great source of energy, but they don't sustain me all day. Perhaps if I ate 5 Tbsp everyday that would happen.

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:

The Hemp Hearts & a fruit (beach or them sometimes Banana) keep me from getting hungry until 2pm from 8am. I do not get tired at noon any more like I use to. Hemp Hearts give me energy (or a pick me up) it would seem. When I stopped eating Hemp Hearts for awhile I fell back to old tiredness habits. When I started eating them again I had renewed energy!
This is one food I do not want to do without!

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:

• normal consumption for me is 3-4 heaping
tablespoons
• usually don't eat til lunch

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 with brown rice for my breakfast.
~~It gives me~~ It will keep me going for more than 5 hours without craving a 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 usually put Hemp Hearts in my smoothie for breakfast, but if I feel like a snack, I can have hemp hearts with $\frac{1}{2}$ banana and feel full and satisfied for 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:

Take it every morning and not hungry at lunch time

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:

They do curb your appetite, but I will still eat lunch.