

For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.

Please describe yourself and the length of time that you have been using Hemp Hearts:

My wife and I have been using Hemp Hearts for about two years. Each morning with cereal. Find it gives us energy, prevents getting hungry and works very well as a laxative.

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 take them regularly every morning and I can work through lunch time till mid afternoon.

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 STILL EAT LUNCH BUT NO LONGER HAVE THE FEELING OF BEING STARVED.
I AM A BARBER BY TRADE SO GETTING LUNCH SOMETIMES IS A PROBLEM BUT I DON'T FEEL THE HUNGER I USED TO

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 STILL EAT LUNCH BUT NEVER NEED MORNINGS OR AFTERNOON SNACKS EVEN THOUGH I AM AS ACTIVE AS POSSIBLE WITH ARTHRITIS!

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For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.
Please describe yourself and the length of time that you have been using Hemp Hearts:

I have been using Hemp Hearts for 4 years. I work long hours in the healthcare field; often don't have time to eat lunch. Hemp hearts in the morning with cereal & ice milk keep me satiated; with good energy until late afternoon.

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:

Both hunger & energy are fairly level but I do need to eat at lunch time - usually a very light meal (1 piece of toast) though & I'm good til supper

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:

Using hemp hearts helps me feel satisfied & energized in the morning, without having to eat a lot for breakfast.

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:

We eat hemp hearts nearly every morning and find that we are not really hungry by lunch time. We put in 10-12 hr. days and they maintain our energy.