

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:

Above is true. leaves you feeling full

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Please describe your experience regarding hunger and Hemp Hearts:

When taking Hemp Hearts I find that I am not hungry till lunch, but when I don't I need to eat by 10:30 or 11:00 am.

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Please describe your experience regarding hunger and Hemp Hearts:

I use 2-3 tbsp. of hemp with yogurt every morning & have noticed I am not so hungry by noon.

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Please describe your experiences regarding hunger and Hemp Hearts:

I find that using only the two tablespoons of Hemp Hearts mixed with my breakfast cereal plus fruit keeps me from being hungry all morning and I could miss lunch but usually have a light snack of fruit or a green salad to add vitamins to my daily diet.

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Please describe your experience regarding hunger and Hemp Hearts:

YOUR CLAIMS ARE ABSOLUTELY TRUE IN MY EXPERIENCE,
HEMP HEARTS MIRACULOUSLY CARRY ONE THROUGH A LONG
5 HOUR SPAN WITHOUT ANY DESIRE TO EAT.

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Please describe your experience regarding hunger and Hemp Hearts:

less hungry at lunch

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 will occasionally skip lunch.

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 cannot say much about this. All I can say is that
the Hemphearts sustain me longer into the day
and I miss it when I don't have them in the
morning.