

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 find that I am not hungry at lunch time.

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Please describe your experience regarding hunger and Hemp Hearts:

I have my Hemp Hearts on my porridge every morning & find I'm not hungry until noon.

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Please describe your experience regarding hunger and Hemp Hearts:

I have mine four mornings in a row mixed in a fruit yogurt blender drink. I don't usually feel like eating much for lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

We take 2 tbsps with our protein shake. The added hemp keeps full until noon. We found 5 tbsps can keep us hungerless for an entire day but like to eat & cook other type of foods.

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Please describe your experience regarding hunger and Hemp Hearts:

I agree with this claim. I eat 2-4 heaping teaspoons of hemp hearts for breakfast. At lunch I am not hungry, so that I often skip lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

definitely not hungry following ingestion. I don't use 5 tbsp, only approx 3, & good effect

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Please describe your experience regarding hunger and Hemp Hearts:

I FOUND THIS STATEMENT TRUE IN REGARDS TO MYSELF. I ALSO DO NOT REQUIRE THE FIVE TBL. TO CONTROL MY APETITE

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Please describe your experience regarding hunger and Hemp Hearts:

Because I have to eat at lunchtime I do but not because I am hungry.