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**We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day. Please describe your weight control experiences with Hemp Hearts:**

The high amount of protein in combination with its ability to suppress hunger has helped me dramatically to control my weight.

**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:**

Hemp hearts give me the energy needed to last for a good portion of the day. They are able (in a very small amount) to suppress hunger 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:**

I use two heaping tablespoons every morning for breakfast mixed with 3 tablespoons each of plain no fat yogurt and applesauce, followed by 1 piece of toast and juice. I usually go until early afternoon before I feel hungry and then only eat some fresh fruit or a vegetable until dinner. I do not crave starches or sugar, no am I overly hungry by dinner 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:** I DO NOT GO

WITHOUT LUNCH BUT I DO BELIEVE HEMP HEARTS DO CUT DOWN ON THE AMOUNT OF MY INTAKE AT LUNCH TIME.

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**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 provide protein & nourishment that keeps you from getting hungry like when you eat carbs for breakfast.

I find it gives me energy & clarity of mind & my husband skips lunch many times as he isn't hungry.

**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 am used to eating every few hours. With hemp hearts the trick for me is to remember to eat regularly as well as they generally assuage my appetite for hours

**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:**

As per above, we are very active. Hemp Hearts definitely help in curbing appetite (between meals - breakfast to lunch). I do not snack between breakfast + lunch any more.

**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 only use 2 heaping tablespoons of hemp hearts each morning and am not excessively hungry for lunch. I do however eat a light lunch at noon. I have experienced low blood sugar and low blood pressure in the past so I do prefer to eat regularly - 3 meals a day.