

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:

Really helps. and the stuff taste very good.

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USING "FOUR" TABLESPOONS AT BREAKFAST HAS EXTENDED MY NEED TO EAT AN ADDITIONAL 2 TO FOUR HOURS + EVEN THEN I AM NOT EXPERIENCING THE HUNGER I USED TO HAVE. I AM NOW "SATISFIED" AFTER EATING A SALAD OR RAW VEGETABLES FOR LUNCH. BY SUPPER TIME I AM STILL ONLY MODERATELY HUNGRY.

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Please describe your experience regarding hunger and Hemp Hearts:

This has proven to be true for me, not being hungry til 2-3 PM.

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Please describe your experiences regarding hunger and Hemp Hearts:

I have a drink in the morning including H# and I'm good until lunch. Lunch usually consists of a salad and a piece of fruit.

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Please describe your experiences regarding hunger and Hemp Hearts:

Within two weeks of starting to use Hemp Hearts I no longer felt hungry at lunch time and so I rarely eat anything at lunch time.

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Please describe your experiences regarding hunger and Hemp Hearts:

I seldom eat lunch - if I do it is only a piece of fruit. Prior to this I needed a sandwich and soup.

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It does allow me to go longer without a mid day lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

I have been either pregnant or nursing for the past 3 years so I am always hungry. Although I do notice that if I miss a day I am hungry sooner after breakfast.