

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:

At lunch time I am able to eat a low calorie lunch (ex: a yogurt and an apple) and it gets me through to supper.

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Please describe your experiences regarding hunger and Hemp Hearts:

I've noticed I'm not so hungry through the morning and that a salad w/ chicken at lunch will last me till supper. I'm only taking three heaping spoon at this 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 AGREE WITH THE ABOVE STATEMENT

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 usually take Hemp Hearts in the morning and only have a small lunch but I am hungry in the evening.

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Please describe your experience regarding hunger and Hemp Hearts:

Your claim is accurate - Hunger is not a problem for me when I eat them in the morning.

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:

BEEN USING HEMP HEARTS FOR OVER 3 YRS AND FEEL THAT IT HELPS WITH SUPPRESSING HUNGER IN THE MORNING KEEPS BOWELS REGULAR

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Please describe your experiences regarding hunger and Hemp Hearts:

I have fruit, yogurt, nut & HH for breakfast and do not need to eat again till lunch.

2 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:

I don't eat 5 heaping spoons of h. hearts but the amount I do eat curbs my appetite, and have lost about 4 lbs in weight.