

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 DON'T GO UNTIL EVENING BEFORE I EAT AGAIN, BUT DON'T USUALLY EAT AS LARGE A LUNCH AS I DID BEFORE.

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:

Definitely less hungry at lunch

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:

it varies from day to day but generally I don't feel hungry for about 4 to 6 hrs

We claim that diabetics who use Hemp Hearts in quantity each morning with assorted vegetables, totally avoiding sweet fruit, starches and processed foods—minimizing their weight—are often able to improve circulation and reduce their dependence on insulin.

Please describe your experiences with Hemp Hearts and any serious health condition:

No serious health conditions other than the Gp. I like what the hemp hearts seem to have done for my regularity, energy level, and weight control — Thanks — ; Whitehorse, Yukon Canada.

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Please describe your experience regarding hunger and Hemp Hearts:

This really works -- lost 15 lbs this way, in 4 months. Did get hungry around 3-4 pm.

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:

I am an overweight 27yr old female. I have been using Hemp Hearts for about 4 months now.

I find that the Hemp Hearts have kept me regular and have also helped to keep me feeling full so that I can eat less and start to lose weight.

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Please describe your experience regarding hunger and Hemp Hearts:

I only use 3 heaping spoonfuls per morning and am able to get through the day with only a cereal bar at lunch

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:

Hemp Hearts satisfies my craving for Food and I can maintain a lower weight level.