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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:

Since starting to use hemp hearts in May, I have lost 20 pounds, without feeling hungry and not having a loss of energy

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 EAT NO CARBS (OTHER THAN RAW FRUIT) AFTER 9AM. AFTER A LARGE LUNCH, I HAVE ONLY A FRUIT SNACK IN THE EVENING & I'M VERY SATISFIED.

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 never eat lunch as I feel full until late afternoon

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:

eat less and later at lunch time usually just a light 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:

I really do notice a difference in my hunger - or lack of it - I am a person who needs to eat in the am & who burns her breakfast off quickly. Hemp hearts helps me not to be hungry until lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

That's a true 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 FIND THAT IF I EAT 4 HEAVING TABLESPOONS IN MORNING (6:30 AM), I DON'T GET HUNGRY TILL ABOUT 2:00 P.M. IF I STOP THIS INTAKE I USUALLY EAT A LARGER MEAL AROUND 11:30 AM - 12:00 NOON.

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Please describe your experience regarding hunger and Hemp Hearts:

This is true - when I use the HH I have no mid morning cravings and I'm mentally alert through to lunch.