

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 have been eating hemp hearts for approx. 5 years. I am 65+, not overweight and in general good health. I find that if I put hemp hearts on my cereal & fresh fruit in the morning I do not get a really hungry feeling until I am ready to have lunch.

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Please describe yourself and the length of time that you have been using Hemp Hearts:

I have been using hemp hearts for 2 years & find I am more energetic & full as a result.

58yr old female

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 can go a day without being hungry when I have my Hemp Hearts in the morning

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:

agree

A0091

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 usually telling others about how you eat these hemp hearts in the morning, and your not so worried about skipping lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

I HAVEN'T BUT MY WIFE HAS

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 tbs on my yogurt for breakfast. I find I do not need to snack between breakfast and lunch and have more energy in the morning

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 probably don't eat 5 tbsps. every morning, but I do have about 4 spoonfuls (heaped) either in my oatmeal or just on their ^{own} ~~own~~ and am not hunger again for hours.