

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:

Hemp Hearts has given me a more satisfied, content feeling, and allows me to have more energy as I do exercise 8x a week.

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 have found when I am consistent eating Hemp Hearts I am not hungry but because of habit I still like to eat lunch but it is a very small portion.

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 could easily go 4-5 hours each day. I took 4 tablespoons per.

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Please describe your experience regarding hunger and Hemp Hearts:

I add about 1-2 Tbs to a "green" blender drink most mornings $\frac{1}{2}$ that keeps me going from about 8:00 a.m. to 1:00 p.m.

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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 a retired male, 79 years old, my wife is 76 and we have been using Hemp Hearts for about six months now.

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Please describe your experience regarding hunger and Hemp Hearts:

By following the suggestion by your company, i.e. bran, fruit and yogurt/soy milk, together with 5 tablespoons of H, H, we find that we are not hungry at lunch time. However, we usually have an apple or another piece of fruit. We have a salad with chicken or fish in the evening and do not crave anything further.

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Please describe your experience regarding hunger and Hemp Hearts: I am less

hungry

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Please describe your experience regarding hunger and Hemp Hearts:

I find that I'm not as hungry by lunch time → I can usually eat some vegetables or fruit