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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:

AS MENTIONED EARLIER, MY WEIGHT IS NOW UNDER CONTROL. BECAUSE I'M NOT HUNGRY ALL THE TIME, I'M NOT EATING ALL THE TIME AND I FEEL COMPLETELY 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 experience regarding hunger and Hemp Hearts:

I'VE ALWAYS HAD A PROBLEM WITH MY WEIGHT AND OVER EATING. I'VE FOUND THAT SINCE EATING HEMP HEARTS, MY ^{CONSTANT} HUNGER IS A THING OF THE PAST AND MY WEIGHT IS NO LONGER SUCH A BIG PROBLEM

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I DO FIND THAT I AM NOT HUNGRY AT LUNCH TIME.

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I HAVE MY HEMP HEARTS FOR BREAKFAST IN A SMOOTHIE ALONG WITH BLUEBERRIES, FLAX SEED, YOGURT AND SKIM MILK. I USUALLY GO FOR APPROX. 4 HRS. BEFORE I FEEL HUNGRY AGAIN.

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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 have an extremely high metabolism, so for me to make it from 8am to approx 2pm before being hungry, it is more than sufficient.

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Please describe your experience regarding hunger and Hemp Hearts:

No hunger but normally would have lunch anyway.

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Please describe your experience regarding hunger and Hemp Hearts:

We mix 4-5 Tbspoons to our soya milk & drink it as breakfast. We did not eat lunch but a small salad by 2pm.

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:

Used about 10 months
Feel full longer on only 3 Tablespoons also helps with regularity