

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 4 heaping table spoons and I am not hungry at lunch and frequently I skip lunch. Hemp hearts are filling

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Please describe your experiences regarding hunger and Hemp Hearts:

DEFINITELY SUBDES MY APPETITE.

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Please describe your experience regarding hunger and Hemp Hearts:

We do not snack before lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

I eat 3 Tbsp with breakfast and eat a small lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

This is right on for me.



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:

WE HAVE BEEN USING HEMP HEARTS FOR 2 YEARS ^{AT BREAKFAST} OR WE ARE EXPERIENCING FEELINGS OF WELL BEING, MORE ENERGY REGULAR BATHROOM VISITS & CERTAINLY A FEELING OF FULLNESS BUT NO BLOATING. WE USE THEM ON ORGANIC CEREAL, GRANOLA OR SIMPLY ADDED TO A FRUIT SHAKE. THANK YOU.

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Please describe your experience regarding hunger and Hemp Hearts:

all I need at lunch time is a muffin or a fruit drink

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Please describe your experience regarding hunger and Hemp Hearts:

I'm not hungry - but I don't eat much - lots of fruit + vegetables.