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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:

LESS HUNGER PANGS = FEWER IMPULSE SNACKS

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:

ABOVE STATEMENT IS CORRECT IN ITS ENTIRETY.

2

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:

If I don't take HempHearts I find I am hungry.

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Please describe your experience regarding hunger and Hemp Hearts:

DAUGHTER EATS HEMP H. AT 5.30 A.M AND IS FINE UNTIL 11.30 A.M. - (MILD HUNGER)  
MOTHER EATS LATER + IS NOT OVERLY HUNGRY AT NOON STALL MEAL + LIQUIDS

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Please describe your experiences regarding hunger and Hemp Hearts:

True, after am not hungry til 2 or 3 pm

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Please describe your experience regarding hunger and Hemp Hearts:

VERY SATISFYING  
CURBS HUNGER

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Please describe your experience regarding hunger and Hemp Hearts:

does seem to decrease hunger  
- eat it in the morning + I have  
no hunger pains like I used  
to before lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

Normally not hungry at lunch time. Will  
usually have tea and light lunch