

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 know that when I have even 2 TBSP of Hemp Hearts in the morning I do not experience hunger like I used to - especially mid morning I have smaller lunches and can stay away from sugary snacks.

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Please describe your experience regarding hunger and Hemp Hearts:

*Requires only a light lunch sometimes*

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 CAREER WOMAN WHO DOES NOT ALWAYS HAVE TIME TO EAT PROPERLY BUT SINCE I STARTED EATING HEMP HEARTS WITH YOGURT + FRUIT IN THE MORNING I HAVE MORE ENERGY - FEEL FULL AND CAN CONTINUE MY DAY WITHOUT FEELING TIRED + WEAK I ENJOY A SALAD OR WRAP FOR LUNCH AND AM SATISFIED UNTIL DINNER TIME. IT ALSO HAS REGULATED ME.

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Please describe your experience regarding hunger and Hemp Hearts:

*I experience a smaller degree of hunger when I am on Hemp Hearts*

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Please describe your experience regarding hunger and Hemp Hearts:

Generally my hemp hearts give me energy & feel me up till past noon

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Please describe your experience regarding hunger and Hemp Hearts:

I find hemp hearts very filling and am not ravenous at 10 A.M. as I was previously, I mix it with granola and or all bran and have no trouble making it until lunchtime.

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Please describe your experience regarding hunger and Hemp Hearts:

Above is true and I have lots of energy and am "regular"

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Please describe your experiences regarding hunger and Hemp Hearts:

NOTICABLE REDUCTION IN CRAVING FOR FOOD BEFORE NOON.