

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:

IF I OMIT HEMP HEARTS FOR
BREAKFAST I AM HUNGRY WITHIN
1 HOUR THEREAFTER.

We claim that diabetics who use Hemp Hearts in quantity each morning with assorted vegetables, totally avoiding sweet fruit, starches and processed foods—minimizing their weight—are often able to improve circulation and reduce their dependence on insulin.

Please describe your experiences with Hemp Hearts and any serious health condition:

PORRIDGE (OATMEAL) WAS A WONDERFUL START TO THE DAY BUT MISSING A PROTEIN SOURCE. WHEN I DISCOVERED HEMP HEARTS AS A PROTEIN IT WAS THE MISSING INGREDIENT. WHEN I TRAVEL I ALWAYS TAKE YOUR PRODUCT WITH ME AND ALWAYS FEEL THE BENEFITS.

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Please describe your experience regarding hunger and Hemp Hearts:

I add the Hemp Hearts in my morning porridge or cereal, and it keeps me hunger free till my main meal around 2-4 pm.

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Please describe your experience regarding hunger and Hemp Hearts:

The above statement is absolutely correct
in my case

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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 find I'm less hungry and it gives me energy.

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Please describe your experience regarding hunger and Hemp Hearts:

They give me great energy and I can miss lunch, but usually have something light around 2 in the PM.

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Please describe your experience regarding hunger and Hemp Hearts:

I do seem to have more energy & do not eat as much as I did before consuming Hemp Hearts.

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Please describe your experience regarding hunger and Hemp Hearts:

- Hemp Heart cookies are a staple in this house.
- 1-2 cookies plus H.H. on cereal in AM
can carry me through to supper. when at
work - H.H. cookie plus a banana get me
through 6-8 hours without hunger