

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 AGREE THAT WITH HEMPHEARTS YOU ARE NEVER HUNGRY, SATISFIED. I WOULD MUCH RATHER TAKE A NATURAL FOOD, THAN A VITAMIN PILL ANY DAY. THE ONLY OTHER THINGS I TAKE ON A DAILY BASIS IS CCA CONJUGATED LINOLEIC ACID, 1000mg VITAMIN D. XANGO A DRINK MADE FROM MANGOSTEEN, FRUIT.

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 have been using Hemp Hearts now every morning for 2 full years. I use 1/4 cup with one tablespoon of ground Flax, and am not hungry till mid afternoon

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Please describe your experience regarding hunger and Hemp Hearts:

Hemp Hearts at break fast releases my hunger until mid after noon or some times as late as supper time with no problems

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Please describe your experience regarding hunger and Hemp Hearts:

We use only about 2 tbsps a day with raw fruits, nuts & cereal. It does curb our appetite.

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Please describe your experience regarding hunger and Hemp Hearts:

I use 5 Tbsp of hemp hearts on rolled oats at breakfast. I also eat ~~two~~ 2 pieces of homemade split flour sourdough bread + usually  $\frac{1}{2}$  of a grapefruit or a whole orange. I also put  $\frac{1}{2}$  doz. prunes or a handful of raisins in the oatmeal. I am not hungry at lunch time ~~even~~ when I play hockey 3 <sup>mornings</sup> a wk. from Oct. to April. I will usually have a bowl of homemade soup or salad for lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

I am 5'4" and weigh 110 lbs. I eat hemp hearts at my 10 AM break. There is nothing else I can eat that satisfies my hunger as ~~well~~ <sup>completely</sup> as this food does. I work a very physical job and my body craves the protein.

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Please describe your experience regarding hunger and Hemp Hearts:

2 - Meals Aday - not hungry

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Please describe your experience regarding hunger and Hemp Hearts:

I am not usually hungry at lunch & eat yogurt and fruit with nuts, flax (ground) & some seeds (ground)