

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:

Peter and I have Hemp Hearts every morning (9 AM) and never feel hungry until around 4 PM.

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Please describe your experience regarding hunger and Hemp Hearts:

I can easily be less hungry at noon & often do not have anything to eat until my evening meal.

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Please describe your experience regarding hunger and Hemp Hearts:

As we mix the hemp with fruit and juices we are not hungry at lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

Our experience by taking Hemp Hearts every morning is the same as described above.

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 h.h. for about one year. I am a 58 year old healthy female, always teetering ~~back~~ on the line between a healthy weight and overweightage. H.h. makes me feel fully I also love the all day taste!

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Please describe your experience regarding hunger and Hemp Hearts:

THEY WORK

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Please describe your experience regarding hunger and Hemp Hearts:

HH do help reduce my hunger. I eat them mostly in the morning

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Please describe your experience regarding hunger and Hemp Hearts:

-helps control hunger