

**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:**

When I have the required 5 tablespoons of hemp hearts at breakfast I am typically not hungry until lunch and I don't crave junk food in the morning.   
 i.e. cookies, muffins, donuts, etc.

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**Please describe your experience regarding hunger and Hemp Hearts:**

I only eat salad for lunch - a big one with fresh vegetables.

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**Please describe your experience regarding hunger and Hemp Hearts:**

We always have a light lunch at Noon, but no, we are never really hungry at Noon

**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:**

We have been eating Hemp Hearts on our granola and porridge, six days per week, also in our pancakes almost every Sunday. I count on the extra protein they provide to get thru the morning. I am 73 years of age.

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Please describe your experience regarding hunger and Hemp Hearts:

I have 5 heaping Tbsp each morning around 6 AM. with breakfast. I do not get even a little hungry for 9 to 10 hours. I am a pro. gardener - I work hard.

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Please describe your experiences regarding hunger and Hemp Hearts:

When I first started eating Hemp Hearts daily I was dismayed as, after reading the above claim I expected this to be the case from the start. Although I experienced more energy from the start my appetite for more food during the morning and early afternoon took a week to 10 days to actually disappear and it did that on a gradual basis. Now I actually find I don't even add as much yogurt to the Hemp Hearts as I initially did.

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Please describe your experience regarding hunger and Hemp Hearts:

We have found many times that we forgo lunch just because we are not hungry.

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Please describe your experience regarding hunger and Hemp Hearts:

After eating 3-4 Tbsp on fruit & yogurt in the morning, I don't usually get hungry for around 4-5 hrs. Sometimes I skip lunch & have an early dinner.