

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 (you) eat 5 heaping tablespoons I can skip lunch and certainly skip consuming starches at lunch

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Please describe your experience regarding hunger and Hemp Hearts:

The hemp hearts seem to curb my hunger for most of the day (amazing) . . . I take 2 tablespoons each morning. I need to brush my teeth a second time. (those hemp seeds get lodged between my teeth.)

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Please describe your experience regarding hunger and Hemp Hearts:

When I eat 5 tablespoons a day I am not particularly hungry at noon & if I feel hungry by mid-afternoon 1/4 or less of the bar curbs the hunger

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Please describe your experience regarding hunger and Hemp Hearts:

I DON'T EAT BETWEEN MEALS AND DON'T HAVE
HAVE TROUBLE WITH HUNGER.

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Please describe your experience regarding hunger and Hemp Hearts:

Yes! It helps immensely with hunger.

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Please describe your experience regarding hunger and Hemp Hearts:

Every morning I have 4 heaping tablespoons of Hemp Hearts on my oatmeal topped with about 1/4 cup of blueberries. By lunch time I usually have a cup of green tea & sometimes a bit more fruit.

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Please describe your experience regarding hunger and Hemp Hearts:

Helps balance blood sugar & hunger pangs.

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Please describe your experience regarding hunger and Hemp Hearts:

We agree with the above statement - they seem to curb the appetite as stated!