

We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.
Please describe your weight control experiences with Hemp Hearts:

I eat all I want for breakfast
I eat a salad or fruit at lunch
Supper is a hamburger salad potatoes
sprinkled with hemp hearts & still keep my weight
the same

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 after taking Hemp Hearts for breakfast that I don't feel as hungry at lunch time, and sometimes miss lunch, or have a small portion.

We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.

Please describe your experiences regarding energy and Hemp Hearts:

EVEN THO I AM AN ACTIVE PERSON (NOT EXTREME) I DID FIND HEMP HEARTS TO CONTROL MY HUNGER. AND HELP KEEP MY ENERGY LEVEL UP.

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Please describe your experience regarding hunger and Hemp Hearts:

I AM RARELY HUNGRY - I EAT TO LIVE, NOT LIVE TO EAT!

EACH MORNING I EAT FRESH FRUITS AND YOGURT WITH HEMP HEARTS - but more like 3 heaping tablespoons .

I am never overweight - 135 lbs and 5'5" . My lunch is usually fresh salad and light.

A0125

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:

My husband and I are seniors. We have used Hemp Hearts, for several years, we especially notice how we don't not get hungry as fast in the middle of the day as we used to (after eating several heaping tablespoons on our cereal).

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Please describe your experience regarding hunger and Hemp Hearts:

I take four TBS Hemp Hearts each morning before breakfast. My breakfast is usually an egg, or cereal, toast and coffee.

I don't feel hungry till about mid P.M. when I may have a sandwich.

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Please describe your experience regarding hunger and Hemp Hearts:

Monday, Wednesday & Friday my husband & I have 3 TBSP of Hemp Hearts with a cracked egg on toast & then go to the gym for 1 1/2 hrs. We find we have energy & are not particularly hungry at noon - we eat a light lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

We never take 5 heaping tablespoons of Hemp Hearts in morning, less seems to do it for us. We aren't hungry at lunch time, but we do have our bigger meal at noon. We are seniors so that is ^{probably} why we don't need the 5 Tbsp.