

**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:**

a hearty soup or salad with raw vegetables is adequate at lunch time  
- sweet food cravings are markedly diminished  
I routinely do not eat dessert except for fresh fruit

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

Hemp hearts certainly fill you up. Not hungry by lunch time.

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

Your claim is absolutely true,

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

YES, LESS HUNGER BUT HAVE NOT BEEN USING 5 HEAPING TABLESPOONS - EATING A NORMAL LUNCH.

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

*Each morning I take the prescribed amount of Hemp Hearts on my cooked cereal of oats, dried fruit & almonds. I usually breakfast at about 7:00 A.M. About 2 in the afternoon I eat a small yogurt with fresh fruit. I am not hungry at lunch.*

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*Having Hemp Hearts with my breakfast - no need to eat for 4-5 hours.*

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*When I eat the 5 tblsp. for breakfast I am not hungry until at least 3:00 pm in the afternoon.*

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

*I usually eat Hemp Hearts in the morning with bran flakes or oat-meal. I usually eat 5 or more tablespoons and can confirm that even when working or exercising, I seldom get hungry until late afternoon.*