

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:

As Above... I eat the hemp hearts for breakfast, by themselves, and drink water with them. While at work in the hospital, I am very busy and often don't have time to take any breaks. I find that the Hemp Hearts for breakfast allows me to work straight through. Usually until dinner.

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 use  $\frac{1}{4}$  cup each morning gives me energy not as hungry have lost a lot of weight almost normal there too wow

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 do eat 5 tbs of Hemp Hearts every morning for breakfast. Sometimes I also have an apple or pear, etc with it and I can easily work effectively & fully focused without hunger until mid afternoon.

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:

You are just not hungry & it puts an end to bread & starches by 3/4.

**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 that eating five heaping table spans - approximately - each morning gives me enough energy that I usually don't feel hungry until 2-3 in the afternoon and then I only require a small snack to keep me going until dinner.

**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 add 1/3 cup of hemp hearts to my oatmeal porridge each morning, sometimes alternate with fruit and plain yogurt. I can go till two or three o'clock in the afternoon without eating again - just have lots of water.

**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:**

Used in morning not hungry till evening

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

I find when eating hemp hearts, my hunger is less. Recently I travelled and did not take hemp hearts for breakfast. I had hunger pains much earlier in the day than when I did eat hemp hearts.