

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 approx 3 Tbsps mixed with my Oatmeal in morning. As I'm a diabetic (Type 2). I have to make myself have a snack. I'm not hungry when its lunch time, but do have lunch

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 agree. I am not hungry at lunch time and usually have a salad rather than a sandwich.

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:

By eating the Hemp Hearts each morning as suggested I find my appetite is remaining less and I am not hungry so I eat much less at meal times

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 - Bob - husband age 74 - me age 62 - using 1 yr.
we use in a smoothie with milk & yogurt & fruit. If we take it for breakfast we do not want to eat again until about 3pm.
We own & operate a liquor store so we are very active. we have no stuff

A0130

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:

Absolutely, definitely helps to keep me full and not to hunger until lunch time or much later. I do love a salad at lunch. You certainly don't need to consume any starches.

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:

Hemp hearts satisfy my hunger for several hours: a wonderful meal.

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:

Since taking in the morning I do not get hungry until 3:00 p.m., then I have a piece of fruit to tide me over until supper time.

(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:

I have never felt hungry at lunch when I've had hemp hearts for breakfast. Late in the afternoon I may have a piece of fruit. That does me nicely until dinner - and even then, I'm not terribly hungry. But without hemp hearts I do get very hungry ordinarily.