

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:

Having Hemp Hearts for breakfast will keep me until about four o'clock in the afternoon

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Please describe your experience regarding hunger and Hemp Hearts:

For breakfast I have been using 4 heaping tablespoons of Hemp Hearts with approximately 1 cup of bran buds and some fruit or fruit juice. When I am involved in good physical work during the morning I usually have soup & sandwich for lunch. On "quieter" mornings it is soup only for lunch, much less than I used to eat before.

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Please describe your experience regarding hunger and Hemp Hearts:

It definitely curbs hunger

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Please describe your experience regarding hunger and Hemp Hearts:

WHEN CONSUMING THE ABOVE-MENTIONED AMOUNT AT BREAKFAST TIME, THE NEXT MEAL MAY TAKEN AT LATE AFTERNOON.

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Please describe your experience regarding hunger and Hemp Hearts:

When I take the full amount of Hemp Hearts - I can easily go without lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

Hemp Hearts help control my hunger. I eat breakfast, with hemp hearts, very early (~5:45 AM) & with hemp hearts, can easily go until noon before I am hungry. (Without hemp hearts, I get hungry at ~10 AM). I do not need to eat starches at lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

I eat your hemp hearts every morning on my oats & do not get hungry until lunch or longer. if I do not get a lunch break.

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Please describe your experience regarding hunger and Hemp Hearts:

Often, actually mostly don't eat lunch.