

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 am able to last to lunch time on 7 Heaping teaspoons and yogurt 100 gm

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 have found the hemp hearts to sustain me from breakfast through to about 2-3pm. Some fruit carries me over till supper. I am a farmer and am on my feet doing physical labour everyday.

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 have been eating hemp hearts at noon hour (instead of in the morning) and have noticed that I don't have my usual hunger pangs in late afternoon now.

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 usually have about 3 tablespoons of Hemp Hearts in the morning with fruit, granola, & yogurt, & don't really get hungry 'til about 2:00 pm.

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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:

LESS HUNGRY
MORE ENERGY

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:

Use only 2 Tablespoons with cereal. 11 heaping spoons
can eat noon meal am not overly hungry

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 have found that by using Hemp Hearts in the
morning I ~~am~~ am not hungry until about
2 or 3 pm.

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 HAVE NOT YET CONSUMED THE SUGGESTED AMOUNT OF HEMP HEARTS (5 TOSP.)
BUT I DO CONSUME 4 HEAPING TSP. WITH MY CEREAL IN THE MORN.
AND AM RARELY HUNGRY AT NOON SO REQUIRE A VERY LIGHT LUNCH.