

**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:**

Using Hemp HEARTS gives me a FULLER feeling & I do NOT desire the BIGGER MEALS I WAS HAVING before. I am content WITH LIGHTER MEALS & YES EATING LESS BREADS, PIES etc.

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

YES, THIS IS TRUE. ONLY REQUIRE SMALL SNACK DURING DAY.

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

This is true for me. When taking hemp hearts in the morning I am not hungry until about 2pm. Then I eat pretty light.

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

I CAN & DO SKIP LUNCH WHEN I HAVE HAD HEMP HEARTS IN THE MORNING, I USUALLY HAVE SUPPER AROUND 5, I HAVE ONLY LOST 5 POUNDS BUT I AM FAIRLY INACTIVE DUE TO MY DISEASE AND HAVE NOT GAINED EITHER, BY BEST FRIEND HAS LOST 20 POUNDS

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Please describe your experience regarding hunger and Hemp Hearts:

I have hemp hearts for breakfast & that is usually at 8 AM & I am not hungry or do not feel hunger pangs until 1 pm.

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Please describe your experience regarding hunger and Hemp Hearts:

Yes, when I have five heaping tablespoons of Hemp Hearts early each morning I am not so hungry at lunch time, and I have lots of energy.

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Please describe your experience regarding hunger and Hemp Hearts:

I consume five heaping tablespoons of Hemp Hearts with yogurt, fruit & nuts every morning for breakfast. This keeps my hunger in check and do not require more food until my evening meal. More importantly, it provides the essential protein required in a daily diet and especially if following a mostly vegetarian meal.

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Please describe your experience regarding hunger and Hemp Hearts:

This is true. I can go right to lunch and no gumbling tummy.