

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:

If I have 1/2 of a bar - I am not hungry until 6 P.M.
If I have the Hemp seeds with yogurt for breakfast, I am hungry by 2: P.M.

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Please describe your experience regarding hunger and Hemp Hearts:

The Hemp Hearts make a huge difference to my hunger levels & tolerance - I no longer become "out of control" when hungry - when necessary, I am able to wait for food.

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Please describe your experience regarding hunger and Hemp Hearts:

When used in recommended quantities it performs as promised. We usually limit lunch to fresh fruits & vegetables

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Please describe your experience regarding hunger and Hemp Hearts:

HUNGER IS DEMINISHED

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Please describe your experience regarding hunger and Hemp Hearts:

I no longer eat lunch after having 3 table spoons of Hemp hearts for breakfast with fruits.

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Please describe your experience regarding hunger and Hemp Hearts:

I can't make it through the day without lunch, but I am definitely less hungry than I was prior to using hemp hearts.

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Please describe your experience regarding hunger and Hemp Hearts:

I have very good breakfast; sometimes I skip my lunch & eat my supper. I put Hemp hearts in my potatoes & Salads. It sure made a difference for me.

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Please describe your experience regarding hunger and Hemp Hearts:

I eat 2 tablespoons each morning in my cereal or yogurt and I am usually not hungry until lunch time.