

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 find that I have lots of energy and am not hungry until lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

AM ABLE TO WORK THE DAY WITH MY 5 HEAPING (TBS) OF HEMP HEARTS IN THE MORNING AND A WHITE LUNCH AT NOON.

We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.

Please describe your weight control experiences with Hemp Hearts:

Hemp hearts keep my energy up & make me feel satisfied so I can keep my weight at almost normal for my age. I feel great. Thanks.

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Please describe your experience regarding hunger and Hemp Hearts:

I agree with above statement. I have hemp hearts with my cereal for breakfast and find I have more energy in the mornings. Also, at I miss lunch I am not that hungry.

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Please describe your experience regarding hunger and Hemp Hearts:

If I put HH in my cereal/yogurt - I will not usually be hungry till around 4pm.

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Some times I would have a bowl of soup for lunch if it's cold out side

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I feel satisfied all day till supper then I eat a large meal. Taking hemp at breakfast with cereal.

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Please describe your experience regarding hunger and Hemp Hearts:

EAT 5TBS IN MORNING WITH OATMEAL.
NO HUNGER UNTIL ROUGHLY 4 O'CLOCK.