

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:

YOU ARE RIGHT ABOUT THE HUNGER. I DON'T GET HUNGRY ANYMORE UNTIL AT LEAST ONE O'CLOCK P.M.

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Please describe your experience regarding hunger and Hemp Hearts:

no cravings
salad for lunch
fruit for snacks mid morn & mid aft.
light supper

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Please describe your experience regarding hunger and Hemp Hearts:

Agree - delays hunger - we use only
2-3 tablespoons with add cereal, fruit and
milk for breakfast .

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Please describe your experience regarding hunger and Hemp Hearts:

The above statement is true.

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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:

I like the product, I have more energy, I don't feel hungry.

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Please describe your experience regarding hunger and Hemp Hearts:

use 3 heaping tablespoons with high fiber & fruit.
Never any lunch, no hunger, OK until supper
17:30.

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Please describe your experience regarding hunger and Hemp Hearts:

I will never get hungry all day,

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 my appetite is curbed since using Hemp Hearts.