

Hi Roger,

I just wanted to send you a quick email, I received my goods and then I called in right away and paid. I can't believe how I feel in the morning. I have been putting 4 tablespoons of the hemp hearts into my smoothie and I am content until lunchtime. I have never eaten anything that is not full of carbs that keeps me going from 7am to noon. I had one half of the cranberry food bar for lunch, that kept me going for 3 hours, that's amazing.

I do bootcamp 3 times a week, so I am running about 33 KM every week, I now seem to have enough fuel to do this.

Thanks and I look forward to continuing using these products.

Belle

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 am normally not hungry at lunch time but because of being a diabetic I must eat

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Please describe your experience regarding hunger and Hemp Hearts:

Use it on Yogurt in the AM and usually only have salad at noon.

For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.

Please describe yourself and the length of time that you have been using Hemp Hearts:

It's great for balancing my blood sugar levels! As a low-glycemic food, hemp hearts ~~balance~~^{stop} my hypoglycemic tendencies

Great for breakfast (4 tbsp on cereal, as it ties me over to my 11:30am snack break.

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Please describe yourself and the length of time that you have been using Hemp Hearts:

I have been using Hemp Hearts for approx 5 years now. I am a healthy person with fairly good eating habits and find the benefits of hemp hearts add very much to my well-being. I consume 4 heaping tbsp/day with fruit & yogurt, or with a fruit smoothie (made @ home), and find it keeps my hunger at bay & boosts my energy level.

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Please describe your experience regarding hunger and Hemp Hearts:

I EAT SEVERAL SMALL MEALS A DAY BUT SOMETIMES SKIP A TIME OR TWO BECAUSE I'M NOT REALLY HUNGRY.

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Please describe your experience regarding hunger and Hemp Hearts:

Very much so! It's very good with yogurt with fresh strawberries & blueberries, or with a healthy high-fiber cereal & fresh fruit, or just with fresh fruit, i.e. strawberries, kiwis, blueberries all in a bowl.

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Please describe your experience regarding hunger and Hemp Hearts:

THIS IS THE ONLY PRODUCT THAT I HAVE EVER FOUND TO CONTROL MY APPETITE. I TAKE IT EVERY MORNING, FAITHFULLY, & AM NOT HUNGRY UNTIL ABOUT 2-3 PM, & USUALLY A GLASS OF JUICE OR CUP OF TEA SATISFIES ME.