

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:

- does curb appetite

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Please describe your experience regarding hunger and Hemp Hearts:

I have breakfast at 5:15 AM and have a light snack at 10:00 AM by choice, and not really for hunger. I can comfortably make it till lunch with no effort or hunger

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Please describe your experience regarding hunger and Hemp Hearts:

The above statement is true, I usually eat 3-4 Tbsp. of hemp hearts on my cereal, fruit or yogurt. Sometimes I eat the hearts right off the spoon.

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Please describe your experience regarding hunger and Hemp Hearts:

- This is true - generally not hungry @ lunch but usually have fruit and/or salad for lunch but can skip lunch if hungry w/ no discomfort.

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Please describe your experience regarding hunger and Hemp Hearts:

The above is true

We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.

Please describe your experiences regarding energy and Hemp Hearts:

Long, busy hours at different times of the day or night are a challenge, & hemp hearts are the only thing I know of that has worked for me.

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Please describe your experience regarding hunger and Hemp Hearts:

I work in health care, & long hours & shift work are a given. For dayshift, I am up at 5:00 to be at work for 7:00 & certainly have no thought of breakfast. At 5:30, 3 Tbsp of hemp hearts keep me moving until lunch time & my first meal of the day. For afternoon shift, 4:30 is my last meal of the day, & hemp hearts keep me from snacking after that. Night shift hemp hearts & fruit keep me going until morning.

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Please describe your experience regarding hunger and Hemp Hearts:

Appetite is controlled

No desire to snack or eat non-nutritious items