

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 take my hemp hearts every morning & find that I am not hungry till late afternoon.

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:

I AM 72 YRS OLD & FIND THAT USING HEMP HEARTS HELP ME KEEP ME VERY REGULAR & ALSO I HAVE MORE ENERGY & DO NOT EAT AS OFTEN OR AS MUCH - I HAVE USED HEMP HEARTS FOR ABOUT 4 YRS NOW I BUT QUIT FOR

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Please describe your experience regarding hunger and Hemp Hearts:

YES I DON'T EAT AS MUCH & AM NOT HUNGRY BETWEEN MEALS & CAN EVEN MISS A MEAL WITH NO BAD EFFECTS.

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Please describe your experience regarding hunger and Hemp Hearts:

Yes it certainly helps you have that extra stamina to take you through the day, you also don't eat as much as you used too.

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Please describe your experience regarding hunger and Hemp Hearts:

I have five table ^{spoons} ~~spoons~~ of hemp hearts for breakfast with oat bran banana cranberries & walnuts. I never feel hungry at lunch time. some times I have a cup of herb tea, and I can carry on till dinner and still feel not hungry.

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Please describe your experience regarding hunger and Hemp Hearts:

I seldom eat lunch as I am not hungry.

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Please describe your experience regarding hunger and Hemp Hearts:

Certainly correct, not only does it curb your appetite, it keeps you regular.

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Please describe your experience regarding hunger and Hemp Hearts:

I only take 3 tablespoons of hemp hearts with my breakfast in the morning & do find I'm not hungry, than when I don't take it I'm hungry by 11AM.