

**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 ABLE TO AVOID A SECOND MEAL FOR HOURS AFTER MY NORMAL BREAKFAST (SEE ABOVE). I WILL CONSUME OTHER RAW FOODS ON VERY ACTIVE DAYS (GOLFING etc.)

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**Please describe your experience regarding hunger and Hemp Hearts:**

We use the hemp hearts each morning with cereal or yogurt or fruit. We only need a light lunch. That's OK until supper time.

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**Please describe your experience regarding hunger and Hemp Hearts:**

I have Hemp Hearts with my breakfast + I am not hungry until mid afternoon + have lots of energy to last all day.

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**Please describe your experience regarding hunger and Hemp Hearts:**

I eat 4 tablespoons of hemp hearts in the morning around 7am and I do not feel hungry until 2 or 3 in the afternoon.

It certainly reduced by hunger pangs. I would be hungry at noon if I didn't take the hemp hearts.

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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:

*Hemp Hearts made it possible for me to go hours before eating or even getting hungry. I put them in my "smoothie" every morning.*

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Please describe your experience regarding hunger and Hemp Hearts:

*I keep very busy during the day & occasionally miss lunch due to an ambulance call. Since I supplement my breakfast with hemp hearts I find I am not getting hungry until late afternoon, and sometimes not until supper at 6:00 p.m.*

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:

*I experience a high level of energy when I eat the Hemp Hearts. I can shop in the malls for hours and even forget about lunch!*

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Please describe your experience regarding hunger and Hemp Hearts:

It does curb your appetite and if you are feeling hungry but not time to eat I just snack on a tablespoon of hemp hearts and a glass of water and my hunger is gone. I do not crave bread a noon.