

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:

Hi, I have been using hemp hearts and hemp products for about 2 years now and I have it in the morning and also throughout the day as well. It keeps me well nourished and satisfied. I love it.

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:

They do fill me up, i find i dont eat as much food through-out the day when i have 5tblsp

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Please describe your experience regarding hunger and Hemp Hearts:

Without doubt Hemp Hearts consumed at breakfast time provides me with enough in my hungry to take me through to mid-afternoon - age then demands my tea time!

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Please describe your experience regarding hunger and Hemp Hearts:

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I EAT 3 - 4 TBLSP. EVERY MORNING WITH BLUEBERRIES, AND AM SATISFIED UNTIL LUNCH

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:

Not hungry until dinner.

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Please describe your experience regarding hunger and Hemp Hearts:

I love it with my salads and also with papaya usually in the morning, but I also snack also in the afternoon. It gets rid of hunger and keeps me energized through the afternoon.

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Please describe your experience regarding hunger and Hemp Hearts:

Adding hemp hearts to our cereal definitely provides a more satisfying meal that stays with us longer.

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 do find I am not hungry for lunch quite often when I have a 5 Tbsp for