

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:

Since I have been using hemp hearts I do not feel a need to eat until mid afternoon. I attribute my energy to using about 4-5 heaping spoonfuls of hemp in the morning.

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Please describe your experience regarding hunger and Hemp Hearts:

I have found that eating hemp hearts makes me more full at whatever meal I eat them at. They have also decreased my cravings for sweets.

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:

Couple of years - I feel that it gives me a lot of nutrients all at once & it fills me. I have it with yogurt every morning. It also regulates me.

My husband & I both use it.

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Please describe your experience regarding hunger and Hemp Hearts:

4+ Table spoons of H.H in the AM - about 06:30 will get me through until noon. I am moderately active as a physiotherapist in a busy private practice.

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Please describe your experience regarding hunger and Hemp Hearts:

When taking the 5 Tbls of hemp hearts in the morning I do not snack during the morning & usually have soup & veggies for lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

Has stopped all cravings and eating between meals.

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

Have used Rocky Mountain hemp hearts for approximately 2 years, based on a friend's recommendation. Being physically disabled and not burning calories on a regular basis, was seeking something to curb appetite plus provide optimal nutrition.

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Please describe your experience regarding hunger and Hemp Hearts:

I always eat my hemp hearts at lunch with plain yogurt. I am a kindergarten teacher & this choice of hemp hearts & yogurt keeps me going until dinner.