

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 agree with this statement! I find by adding the recommended portion of "Hemp Hearts" each morning, I do not require snack foods during the day.

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Please describe your experience regarding hunger and Hemp Hearts:

Before I started taking hemp hearts for breakfast by the time lunch came I felt weak, dizzy, lightheaded. After starting hemp hearts for breakfast those symptoms disappeared.

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Please describe your experience regarding hunger and Hemp Hearts:

I find that when I use 5 heaping table spoons of hemp hearts in the morning, I do not feel hungry for lunch and I don't eat many starchy foods that day.

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Please describe your experience regarding hunger and Hemp Hearts:

I have 5 TBSPS. on cereal every morning and most of the time I don't realize that lunch time has gone by.

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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:

My Experience is late afternoon before I feel hungry

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Please describe your experience regarding hunger and Hemp Hearts:

I find hemp hearts satisfy my hunger.

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Please describe your experience regarding hunger and Hemp Hearts:

I have upped my dosage to 5 tbsps, and, while still wanting to eat at lunch, I generally now only have a salad.

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 have fibromyalgia. Been on H.H. now for about 8 yrs. My F.M.A. & Sym. have improved a great deal. We do not experience a feeling of hunger before noon.

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Please describe your experience regarding hunger and Hemp Hearts:

I am less hungry during the day for sure