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We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.
Please describe your weight control experiences with Hemp Hearts:

I have tried this but find I am hungry and need a healthy snack during the day.

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 have hemp hearts or old fashioned rolled oats every morning for breakfast and am not hungry at lunch time -

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 less than 5 TBSP. EACH MORNING. I AVOID STARCHES AT LUNCH. THEY DO KEEP ME FULL & I EAT RAW VEG. & FRUIT DURING THE DAY.

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:

Product definitely helps get me through the morning with none of the usual cravings I can then eat a modest lunch. A0161

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 been eating hemp hearts for breakfast for over one year. I take three tablespoons with fruit and a little yogurt. It is a very satisfying breakfast food.

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Please describe your experience regarding hunger and Hemp Hearts:

I'm not hungry at lunch time

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 still eat lunch after eating five tablespoons of Hemp Hearts. But, I am certainly more hungry if I don't eat them in the morning.

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

I've utilized hemp hearts to for their omega fats & nutrients & protein and find it has curbed my appetite.