

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:

TRUE ALSO

Feeling of contentment all day, lots energy

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:

THIS IS TRUE

WHEN EATEN IN MORNING, (better than porridge) feeling of fullness and content. HEMP HEARTS supply all nutrients to body, which in turn, NEVER Leaves you feeling hungry

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 don't even need 5 spoons!

One scoop in my morning's smoothie is very filling!

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'm taking 4 tbs. daily in the morning, I put it in a smoothie with fruit & yogurt. Your claims are true, I experience no hunger pains.

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Please describe your experience regarding hunger and Hemp Hearts:

That would follow my experiences exactly!

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Please describe your experience regarding hunger and Hemp Hearts:

I do not have to snack after breakfast - could go to evening meal without + do at times. I don't feel the bad feeling of snacking all day. I believe it is an important product to cut down on obesity - I am so glad I found out about hemp hearts. I'm a missionary + I am traveling to the Philippines this fall + hemp hearts is a very big part of my eating while there! my husband + family also are sold on it!!

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Please describe your experience regarding hunger and Hemp Hearts:

Quite amazing! when I have my smoothie - 5 T hemp seeds, 2 bananas, hemp milk I really am not hungry for hours on end.

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Please describe your experience regarding hunger and Hemp Hearts:

We've experienced the same - not hungry until about 12:00 or 1:00 in the afternoon
Really cuts down cravings

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 am 80 yrs old now + have taken Hemp Hearts for 6 years or more. It has changed my life - more energy + bowel function is great. I use it when traveling for energy + not having to stop + grab junk food to snack on as it is hard to get good food in a hurry. I am a health care person + have passed this food to many people + they are sold on it + pass it on to their children + relatives.