

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:

Being a diabetic, I would have breakfast but would be weak & shaky by noon, to the point where I have had to sit on curb while someone get me something to eat to control my weakness. Since eating H.H. I do not experience these shaky spells and can go from breakfast till dinner without negative consequences.

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:

By taking hemp hearts every morning I find that I have plenty of energy & can maintain my weight.

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:

Because Hemp hearts stem hunger cravings I have been able to maintain a steady weight & feel good. I have also been very healthy when there has been lots of flu & colds around me this past winter. Many people I look after on the ambulance I tell about hemp hearts.

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Please describe your weight control experiences with Hemp Hearts:

I can control my weight.

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 did loose 14 pounds since the beginning of this year - my body weight has leveled itself.

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Please describe your weight control experiences with Hemp Hearts:

I'm not overweight but I can see how this program works as weight control because when I eat Hemp Hearts I'm not hungry and I don't crave the ^{heavy} calorie foods.

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 using hemp hearts for the past 3 yrs & they have kept my weight down & my bowels regular.

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Please describe your experience regarding hunger and Hemp Hearts:

I CAN & DO SKIP LUNCH WHEN I HAVE HAD HEMP HEARTS IN THE MORNING, I USUALLY HAVE SUPPER AROUND 5, I HAVE ONLY LOST 5 POUNDS BUT I AM FAIRLY INACTIVE DUE TO MY DISEASE AND HAVE NOT GAINED EITHER, MY BEST FRIEND HAS LOST 20 POUNDS