

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:

100% IN FACT IT HAS HELPED ME TO
EVEN ~~LOSE~~ LOSE WEIGHT

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:

Mother of 3 kids. I've been using Hemp Hearts for 3 years. With 3 kids & a busy life, they get you through the day with a great attitude. You have so much energy, & you don't feel constantly hungry.

We claim that diabetics who use Hemp Hearts in quantity each morning with assorted vegetables, totally avoiding sweet fruit, starches and processed foods—minimizing their weight—are often able to improve circulation and reduce their dependence on insulin.

Please describe your experiences with Hemp Hearts and any serious health condition:

has helped me to control my weight & given great energy in a high protein, low carb & sugar, essential fatty acids meal!

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:

Great energy and no cravings for carbohydrates

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:

AT NO TIME DO I FEEL HUNGRY OR HAVE ANY LACK OF ENERGY AS LONG AS I HAVE HAD MY HEMP HEARTS IN THE MORNING

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 eat hemp hearts with my cereal (usually oatmeal I cook the oat meal in milk) put the hemp hearts a few nuts & some fruit usually blue berries on it. This is about 7:30^{AM} I take a sweetener it is splenda. This breakfast keeps me from feeling hungry all morning, about noon I usually have a cup of tea & a yogurt. This holds me until 5:30^{PM} 6:00 PM

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:

I feel full all day after having hemp hearts in the morning, my energy level is also much higher.

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:

When I use hemp hearts I am able to control my hunger without any dissiness & with full energy. I weight train so hemp hearts have been ideal in my regimen