

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:

Absolutely True. I exercise approximately two hours per day and still find this to be true.

ps. Thanks for your continued supply of hemp hearts!

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:

Do not use hemp hearts for weight control. Only to curb hunger, and provide energy.

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Please describe your experiences regarding hunger and Hemp Hearts:

We have found that when consuming this product @ breakfast that we often work/play through the lunch hour and don't think about a meal/snack until 2-3 pm.

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Please describe your experience regarding hunger and Hemp Hearts:

I definitely notice after I take Hemp Hearts in the morning I am full. I exercise and get ready for work. I have to force myself to eat breakfast (sometimes), but I know I need to eat before work. I eat less for breakfast and rarely feel hungry before lunch.

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2

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**Please describe your weight control experiences with Hemp Hearts:**

I DID NOT BUY HEMP HEARTS FOR WEIGHT REDUCTION - BUT I HAVE FOUND MY DIET CONTAINS LESS HIGH CALORY CARBS & SWEETS BECAUSE MY HUNGER IS SATISFIED WITH HEMP HEARTS. THIS HAS CAUSED A HEALTHIER BALANCE IN MY DIET OVERALL.

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**Please describe your experience regarding hunger and Hemp Hearts:**

I usually don't have lunch because oatmeal or sunny boy plus the hemp hearts are filling enough. Perhaps a small apple in the afternoon.

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**Please describe your experiences regarding hunger and Hemp Hearts:**

I feel more satisfied after eating hemp hearts & am less hungry during the day.

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**Please describe your experience regarding hunger and Hemp Hearts:**

Even I take 1/2 the above amount each morning I feel full for a long time!