

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 can do anything I feel like, hike, swim, bike I have acres of lawn gardens - I can work a full day, and carry myself til I retire in the evening.

2 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 eat a lot less when I take Hemp Hearts.

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 use 4-5 TBL of hemp hearts on 1/4 c oatmeal daily. I rarely experience any hunger - but when I do it is around 2-3 pm. I don't crave any starches or sweets.

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:

IT USUALLY DELAYS MY LUNCH UNTILL ABOUT 2:00 PM AND I CAN OFTEN JUST FEAT NUTS AND FRUITS UNTIL SUPPER.

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

MUST be working - don't usually  
HAVE MORE THAN A PC. of fruit at lunch.

**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:**

Hemp hearts in the morning certainly helps to  
keep away the hungries until noon.  
I can avoid sweets and bread with the help  
of Hemp Hearts

**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:**

More or less as claimed.

**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:**

2 eat (2tblsp) in Morning with Rolled Oats (always Rolled Oats)  
or fresh fruit. Then my next meal is at dinner with my  
husband. (2 meals a day Lots of water & fruit during day. I find  
I don't eat starches or sweets.