

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:

Your claim is absolutely true,

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:

My husband and I are seniors. We have used Hemp Hearts, for several years, we especially notice how we do not get hungry as fast in the middle of the day as we used to (after eating several heaping tablespoons on our cereal).

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Please describe your experience regarding hunger and Hemp Hearts:

We never take 5 heaping tablespoons of Hemp Hearts in morning, less seems to do it for us. We aren't hungrier at lunch time, but we do have our bigger meal at noon. We are seniors so that is ^{probably} why we don't need the 5 Tbsp.

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Please describe your experience regarding hunger and Hemp Hearts:

When I eat the 5 tbsps. for breakfast I am not hungry until at least 3:00 pm in the afternoon

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Please describe your experience regarding hunger and Hemp Hearts:

I eat hemp hearts mixed with yogurt & fruit in the morning. Sometimes we are so busy, I do not get a lunch break but do not feel hungry at all anyway.

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Please describe your experience regarding hunger and Hemp Hearts:

I have hemp hearts on my Scottish Porridge every morning and I don't need to eat as much as I used to

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Please describe your experience regarding hunger and Hemp Hearts:

True - one can do without lunch, however, I still have a light lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

Monday, Wednesday & Friday my husband & I have 3 TBSP of Hemp hearts with a cracked egg on toast & then go to the gym for 1 1/2 hrs. We find we have energy & are not particularly hungry at noon - we eat a light lunch.