

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:

YES I OFTEN MISS LUNCH  
AS I AM NOT HUNGRY

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:

We ~~I~~ agree. Curbs hunger

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 used Hemp Hearts as a supplement for about 5 years. I do feel it satisfies hunger. My sons in their early twenties like to ~~eat~~ <sup>take</sup> it. We ~~use~~ it especially for the benefit of healthy Omega fats and protein. I have extra energy when I eat H. Hearts

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Please describe your experience regarding hunger and Hemp Hearts:

This claim is true.

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Please describe your experience regarding hunger and Hemp Hearts:

We have a hemp heart smoothie with 4 tbsps in the morning, and we don't eat anything until 4:00 pm.

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Please describe your experience regarding hunger and Hemp Hearts:

I am not really hungry at noon but usually eat something very light because my husband is eating lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

I normally have 2 or 3 tablespoons with breakfast, plus fruit, and meal replacement powder. The hemp hearts are filling and ~~are~~ a good source of energy.