

**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 have always been surprised that such a small quantity of food can contain so much nutrition. I love to eat, and hemp hearts curbs that urge until late in the afternoon.

**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:**

Hemp hearts give me a great energy start for the day and I don't require a large meal at lunch (with heavy starches etc) to last me until supper.

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

I have hemp hearts every morning before I exercise and typically have just soup or salad for lunch. I never feel hungry yet I am eating much less - especially carbs & starches. I've lost 50 lbs over the last 2 years.

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

WE HAVE OUR HEMP HEARTS IN THE MORNING WITH OAT MEAL AND JUST EAT NORMAL MEALS (SMALLER PORTIONS THAN WE USED TO)

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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:

After enjoying healthy breakfast that includes 5 tablespoons of Hemp Hearts I feel satisfied until 1-2<sup>00</sup> pm easily. Eating Hemp Hearts daily reminds me to avoid junk food.

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:

I think that Hemp hearts help me keep a very balanced diet and a good health and energy level in general.

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 am a 37 years old male and have been using Hemp hearts for over 1 year.

I am a business manager and a busy person. Hemp hearts give me the energy and proteins I need in the morning and have helped me quit drinking coffee.

We advise customers that Hemp Hearts should be eaten for breakfast with unblended raw fruit and vegetables (no fruit for diabetics) so that the long fibers in these foods will knit wastes together to ensure that individuals are not too loose, but that they clean out thoroughly.

Please describe your experiences regarding digestive health and Hemp Hearts:

I have digestive problems whenever I eat sugar or refined foods. When I eat hemp seeds w. breakfast I make healthier choices during the day therefore having better digestion.