

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 usually eat 3 meals a day and seldom snack when I eat Hemp hearts with breakfast. But I don't have the amt you are recommending.

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 mix hemp hearts with yogurt and besides some fruit, I eat a light lunch or nothing else until supper time.

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:

When eating Hemp Hearts I don't feel the need for snacks during the day. I have totally removed sugar from my diet and I have about 6% body fat.

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:

- When eating in this manner, I don't feel the need to snack or eat in between. I feel strong the entire time.

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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:

I use Hemp Hearts every morning and have eliminated all pasta's and potatoes from my diet. I have fresh fruit @ coffee break and soup & salad for lunch. I don't experience hunger or crave fatty foods like I used to.

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:

OUT OF HABIT, MY LARGEST MEAL IS AT NOON, AFTER BREAKFAST OF CEREAL, FRUIT & H. HEARTS, EVENING MEAL IS JUST A SNACK, WITH THAT I HAVE LOST 15 POUNDS SINCE STARTING H. HEARTS JUST OVER ONE YEAR AGO.

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:

Type 2 diabetic Hemp Hearts able to adjust to different diet easier and able to stay on it without the run down feeling at end of day.

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 EAT FIVE TABLESPOONS FOR BREAKFAST, HAVE A PIECE OF FRUIT IN THE LATE AFTERNOON (AROUND 3PM), AND THEN HAVE A NORMAL SUPPER. I USED TO SNACK IN THE EVENING AND DURING THE DAY, BUT DON'T DUE TO THE PROTEIN IN HEMP HEARTS.