

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:

If I don't exercise as much, my breakfast does last me longer and when I do eat my Hemp hearts, I do not crave starchy foods!

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 find that I am not hungry until 2:00 pm and only need a salad for 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:

I am not hungry at lunch time when I eat my Hemp Hearts for breakfast. Since I've been eating Hemp Hearts I do not crave sugar and am able to avoid the starches. I love Hemp Hearts! They not only taste good, but they are good for me!

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 AM 5'8 1/2 WEIGHT 159 LBS. WITH THE ASSISTANCE OF HEMP HEARTS I HAVE MAINTAINED THIS WEIGHT FACTOR FOR THE PAST 3 1/2 YEARS. I AM ASSISTED IN THIS WITH THIS PRODUCT AND THE ABSENCE OF A M.I.D.DAY MEAL.

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Please describe your experience regarding hunger and Hemp Hearts:

Even with just 2 large servings of hemp seed I am not needing a big lunch or supper. So have maintained my weight at 115 lbs - just where I want to be

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Please describe your experience regarding hunger and Hemp Hearts:

I have 4-5 heaping tablespoons with my oatmeal in the morning, and in spite of heavy exercise, can easily avoid food intake until lunchtime. In addition, I don't consume carbohydrates. I've lost about 17 lbs.

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 has allowed me to start my day at 5 am, do a 1.5 hour workout before lunch, work all afternoon and still have energy to cook a gourmet dinner - my hobby!

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Please describe your weight control experiences with Hemp Hearts:

My morning breakfast consists of 5 heaping tablespoons of Hemp Hearts with a mixture of at least 4/5 fresh or frozen fruits, yogurt or cottage cheese. This keeps my weight in check and, whenever I feel the need to lose more weight I just have a 'negie' salad in the evening. After eating this type of breakfast, I do not get hungry until my evening meal. Hemp Hearts takes care of me!