

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've utilized hemp hearts for their omega fats & nutrients & protein and find it has curbed my appetite.

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 5 heaping Tbsps. of hemp hearts with oatmeal every morning and am not hungry until noon. They are filling and curb the hunger.

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Please describe your experience regarding hunger and Hemp Hearts:

I've consistently noticed over the years that on the days I don't have HH for breakfast I'm snacky by mid-morning and usually succumb to an early (11³⁰/12⁰⁰-ish) lunch. But by including HH daily and staying hydrated I find I don't ever have intimations of hunger until about 1³⁰/2⁰⁰ pm at which time I'll have my lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

Product definitely helps get me through the morning with none of the usual cravings I can then eat a modest lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

Don't feel hungry at all - however consume well balanced meals & Mon-Fri almost totally eliminate starches & carbs & eat whatever I choose on the weekends.

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 feel strong and content ~ less craving for food & more satiated.

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Please describe your experience regarding hunger and Hemp Hearts:

The above is absolutely true. My body does not have cravings for food. The protein is a long lasting source of energy.

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Please describe your experience regarding hunger and Hemp Hearts:

Only eat a light lunch and no longer have cravings or need to have a snack between meals.