

**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 began eating the hemp hearts with yogurt and sometimes bran buds - a filling breakfast and found more energy for my morning swim! I then needed only a light lunch or later lunch and did not feel hungry!

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

USED AS SUGGESTED AND THEY DEFINATELY CONTROL SNACKING URGE AND GIVE LASTING ENERGY

**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 tend to be fairly high energy with a very high metabolism. Hemp hearts are a great source of energy, but they don't sustain me all day. Perhaps if I ate 5 Tbsp everyday that would happen.

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**Please describe your experiences regarding energy and Hemp Hearts:**

YES, MY ENERGY LEVEL IS UP WHILE MY FOOD CONSUMPTION IS DOWN. DINNER IS USUALLY A SMALL MEAL AS WELL AS LUNCH

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:

Once again - I've noticed many great things since I've started using hemp hearts with regards to my M.S. Mostly - energy level, bowel regularity, skin softness, reduced hunger - etc.

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Please describe your experience regarding hunger and Hemp Hearts:

The Hemp Hearts & a fruit (banana or them sometimes banana) keep me from getting hungry until 2pm from 8am. I do not get tired at noon any more like I use to. Hemp Hearts give me energy (or a pick me up) it would seem. When I stopped eating Hemp Hearts for awhile I fell back to old tiredness habits. When I started eating them again I had renewed energy!  
This is one food I do not want to do without!

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 been using Hemp Hearts for 4 years. I work long hours in the healthcare field; I often don't have time to eat lunch. Hemp hearts in the morning with cereal & rice milk keep me satiated & with good energy until late 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:

Absolutely agree. I have seen great results with clients who use hemp for weight reduction