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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 have been able to lose weight using hemp hearts because I don't feel starving when I eat them.

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 also notice my caffeine intake has lessened and I feel sufficiently fuller.

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 ALWAYS PUT H.H'S IN MY BREAKFAST SMOOTHIE AND MANAGE WITHOUT EVEN A SNACK TILL ABOUT 1:00 P.M. AT WHICH TIME I HAVE A HEALTHY LUNCH. I THEN DON'T THINK ABOUT FOOD AGAIN TILL DINNER AT 7:00 P.M.

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Please describe your weight control experiences with Hemp Hearts:

I have only been consuming 2 to 3 tablespoons per day but definitely find I have less hunger by lunchtime and have been losing weight by combining the hemp seeds with other nutritious, low calorie food.

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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:

The above claim is true. My shake holds me over to a light dinner. I AM ALWAYS RE-DEFINING MY DIET AND ROTATING FOODS TO FIND THOSE THAT MOST AGREE WITH ME.

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 do not crave starches, but I am usually hungry by noon.

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:

True, True. I eat a grain cereal along with Hemp Heart. There is no hunger even past lunch time. Absolutely no craving for sweets.

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 take the 5 tablespoons 1st thing each morning and always need a small lunch - usually a salad. I don't crave starches.