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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 didn't have a big weight problem, but I did want to lose a few pounds. So, with Hemp Heart giving me more energy and decreasing my appetite, I have lost about 16 or 18 pounds. I'm just a little over 140 lbs, and I don't want to lose too much more.

**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:**

Stay full until 1-2 P.M. —

**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:**

Like I said previously, I find that the Hemp Hearts have kept me feeling full so that I can eat less and start to lose weight.

**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 4 HEAPING TABLESPOONS WITH FRUIT & YOGHURT EACH MORNING. I DO TAKE A VERY SMALL LUNCH TO WORK BUT NO OTHER SNACKS AND AM QUITE SATISFIED. I USED TO PICK ALL DAY. I STILL SNACK AT HOME IF IDLE, BUT NOT BECAUSE I AM HUNGRY.

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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:

Hemp Hearts satisfies my Appetit and I sustain from other Food intake.

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 was not hungry on my program I went away all summer to my cabin & fell off. I am starting this again now. I had my seeds frozen.

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 breakfast & one big meal a day plus fruit & vegetable snacks and never get very hungry anymore

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:

This seems to be correct.