

2. 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:

By using hemp I lessened other food intake and lost 15 lb

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 hemp hearts every morning before I exercise and typically have just soup or salad for lunch. I never feel hungry yet I am eating much less - especially carbs & starches. I've lost 50 lbs over the last 2 years.

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Please describe your weight control experiences with Hemp Hearts:

OUT OF HABIT, MY LARGEST MEAL IS AT NOON,
AFTER BREAKFAST OF CEREAL, FRUIT & H. HEARTS.
EVENING MEAL IS JUST A SNACK. WITH THAT I HAVE
LOST 15 POUNDS SINCE STARTING H. HEARTS JUST OVER
ONE YEAR AGO.

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Please describe your weight control experiences with Hemp Hearts:

I lost 30 lbs without being hungry. I never missed meals or starved myself. I really did lose my cravings for unhealthy foods.

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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:

- FMC, 49 years old, healthy
- Approx 2 1/2 years eating hemp hearts.
- I improved my eating habits, included hemp hearts to my diet and ~~lost~~ 30 lbs.
- Eating hemp hearts helped curb my craving for sweets and starches.

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Please describe your experience regarding hunger and Hemp Hearts:

Hemp hearts have curbed the hunger. We have more energy and stamina, am losing weight

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Please describe your weight control experiences with Hemp Hearts:

Weight reduced but do
eat light mid afternoon
ex. Apple
raw veg

2
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Please describe your weight control experiences with Hemp Hearts:

No weight problem any more