

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:

I have not been using for weight control
I haven't lost weight but I haven't
gained

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Please describe your weight control experiences with Hemp Hearts:

My weight no longer goes up & down. It is
stable with 5 T hemp hearts in the morning

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Please describe your weight control experiences with Hemp Hearts:

I use hemp hearts for breakfast with fruit & a muffin
every morning. Watch very carefully I can keep my
weight down.

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Please describe your weight control experiences with Hemp Hearts:

My weight has decreased to normal.
my skin and hair are much improved

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Please describe your weight control experiences with Hemp Hearts:

I have lost 10 to 12 pounds with the use of hemp hearts + regular exercise. This weight stays off too. I am now the size + shape I have wanted to be since child bearing

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Please describe your weight control experiences with Hemp Hearts:

BECAUSE I AM EATING SMALLER PORTIONS THROUGHOUT THE DAY, I HAD INITIALLY LOST 10-12 POUNDS - & HAVE MAINTAINED THIS WEIGHT. MY REASON FOR TAKING HEMP HEARTS WAS NOT TO LOSE WEIGHT, BUT TO FEEL BETTER OVERALL!

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Please describe your weight control experiences with Hemp Hearts:

We did lose weight we were not overly overweight I lost 15 + my husband lost 15 we are content with our weight loss

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Please describe your weight control experiences with Hemp Hearts:

No weight problem any more