

1
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 lost 10 pounds of weight and never gained any weight @ all and and I feel great I have lots of energy and on the go all the time

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 lost 10 lbs since July. (Without dieting)

3
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 haven't really noticed much in the way of weight loss or gain. Because of less lunch + light breakfasts I have lost weight.

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Please describe your weight control experiences with Hemp Hearts:

I have lost @ least 10 pounds over the past year and I haven't had to lose any more.

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 did not start eating Hemp Hearts because of a weight problem however I have not gained but do maintain a constant weight level.

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:

Hemp Hearts are definitely a major factor in my weight control. If I over-indulge and put on a couple of pounds I simply get back on my "life style" change way of eating, and I lose that couple of pounds. Even when I put on a couple of pounds, I have eaten my (5) tablespoons of Hemp Hearts in the morning. I never miss eating 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 feel that my energy levels are enhanced by Hemp Hearts, and my weight over last recent years has come down to 170 from average 195-200 range

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Please describe your weight control experiences with Hemp Hearts:

I never used hemp hearts for the purpose of losing weight. However, I have lost 25 pounds and have managed to maintain the loss for four years.