

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 tried to lose weight - but I have not gained any either -

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 have lost 15 lbs. and am at my normal weight for 6 months - I have always had lots of energy and get 8 hrs. ~~of~~ sound sleep every night.

4. 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 15 lbs in 2 yrs with hemp hearts my weight is normal at this time.

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:

my weight has stayed the same over the 5 yrs.

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:

Only take 3 tablespoons of hemp hearts & my weight has remained steady, very good for someone who had my diagnosis.

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:

I was always fighting my weight. And since I started using hemp hearts (Jan 2008) I feel so much better. I don't have to snack in between meals anymore.

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 seem to keep my weight more stable since I started to eat Hemp Hearts.

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 4-5 tbs. each morning.  
Usually do not eat until tea time @ 3:00 p.m. We lost 20 lbs. since February.