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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 have lost 10 lbs since using hemp heart. Combined with a healthier diet and regular exercise I have been able to keep it off.

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Please describe your weight control experiences with Hemp Hearts:

I have lost 12 pounds in the last year without being hungry & not necessarily cutting out carbs but having less of them.

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Please describe your weight control experiences with Hemp Hearts:

I have lost 50 lbs and have managed to keep it off for the last 3 yrs.

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Please describe your weight control experiences with Hemp Hearts:

I am not overweight, but it helps me to maintain a consistent weight as ~~part~~ part of a healthy diet.

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Please describe your weight control experiences with Hemp Hearts:

well... I eat hemp hearts with everything and find it to be helpful. I love hemp hearts.

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Please describe your weight control experiences with Hemp Hearts:

It certainly stops/prevents my cravings of junk food I don't have a weight problem.

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Please describe your weight control experiences with Hemp Hearts:

My weight has been under control for the last 5 years. I am not overweight.