

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:

not using hemp hearts for weight loss - weight is controlled and hemp hearts are a positive factor

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I do not try to lose weight - but my weight stays constant as long as I keep eating hemp hearts -

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I HAVE NOT LOST WEIGHT, BUT I HAVE MAINTAINED A HEALTHY WEIGHT FOR MY BODY SIZE

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Don't have weight problems but it is easy to maintain my weight.

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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 eat Hemp Hearts with a clear conscience, in any amount I please, and as often as I please, with no appreciable weight gain. I am 68, and my good cholesterol is high, bad cholesterol is very low. I attribute a good percentage of the credit to Hemp Hearts.

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Please describe your weight control experiences with Hemp Hearts:

Slight drop in weight

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Please describe your weight control experiences with Hemp Hearts:

I am not taking this for weight loss, I like how I feel & my regularity & it also keeps my weight stable.

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Please describe your weight control experiences with Hemp Hearts:

I don't control what I eat, or rather, how much I eat. All of what I eat is whole, organic and/or natural, minimally processed and free of preservatives and other chemical agents. Hemp hearts fall into this category. I have no weight issues, even after bearing 2 children.