

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. 2  
Please describe your weight control experiences with Hemp Hearts:

Weight has remained ~~eat~~ constant. which is what I desire. N/A

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:

Hemp Hearts have kept me from gaining weight - which is a problem I have had all my life.

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Please describe your weight control experiences with Hemp Hearts:

Have maintained a healthy weight

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:

no change in weight.

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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:

Good control the best I ever had.

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Don't have weight issues due to Crohn's disease - rather I need the protein to maintain adequate weight

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Weight has not changed using Hemp hearts

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\* WE ARE NOT REALLY USING THE HEMP HEARTS TO LOSE WEIGHT  
\* WE USE THEM TO CONTROL APPETITE IN THE DAY