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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 am satisfied with my weight & surprisingly in the past 5 years it has been stable.

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Please describe your weight control experiences with Hemp Hearts:

I have lost a couple of pounds but am maintaining a healthy weight. I do eat throughout the day and my husband and myself like to cook, so we eat.

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Please describe your weight control experiences with Hemp Hearts:

staying about the same

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Please describe your weight control experiences with Hemp Hearts:

Only consuming 2 heaping TSP per day so haven't lost any weight but do find I'm less inclined to snack in the evening since starting to use Hemp Hearts. Less evening snacks does help me to maintain a healthy weight.

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I haven't tried to do this. However, since I'm not ravenous at 10 AM like I used to I am eating less and my weight is easier to maintain.

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I don't have a weight problem but since taking Hemp Hearts my weight has been stable.

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I have never had a weight problem & I find my weight stays the same.

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Weight stays the same. Am not losing weight but have no weight to lose.