

**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:**

*one of us is holding  
one has lost a lot - diabetic & Parkinson's now took a  
lot of adjusting for us.*

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*I am maintaining my weight loss*

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*My weight does not fluctuate since I don't snack  
between meals.*

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*HEMP HEARTS SATISFY MY URGES TO INDULGE  
IN CALORIE LOADED FOODS. I WATCH NUTRITION FACTS  
AND GRAM VALUES TRYING TO SELECT HEALTHY  
FOODS AND NOT OVER EAT. I FIND MODERATION  
OF MOST FOODS IS THE BEST WAY. I HAVE  
MAINTAINED MY WEIGHT FOR THE PAST 5 YR.*

*E0026*

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 consume 2-3 TBSP Hemp Hearts in my daily breakfast cereal and/or yogurt. I exercise 5 times a week for 30mins. I Lost 16 lbs in 2 years & kept IT OFF. I eat a balanced meal for lunch & supper (small Quant.)

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:

This is very true. I have the smoothie for breakfast yogurt w/ hemp heart around 3pm. I have found this very helpful in weight loss & appetite control.

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Please describe your weight control experiences with Hemp Hearts:

I lost approx 30lbs during my first year using HH in conjunction with a light evening meal & exercise over the course of one year.

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Please describe your weight control experiences with Hemp Hearts:

have lost approx. 15-20 lb over the course of 1 yr.