

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:

A YEAR AGO MY WEIGHT WAS 142 LBS AND IS NOW
125 LBS FOR THE LAST 3 MONTHS. I BELIEVE
THIS HAS HELPED MAINTAIN MY NORMAL WEIGHT

2

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Please describe your weight control experiences with Hemp Hearts:

FOUND IT WAS EASY AT FIRST TO LOOSE 10 LB AFTER
THAT... ~~WE~~ IT HELPED US KEEP IT OFF.

2

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Please describe your weight control experiences with Hemp Hearts:

I was losing about a pound a day and in total lost
20 lbs and I am now stable at 150 lbs. (I have cut
back to about 3 tablespoons of H. H.) my wife also lost
20 lbs but not as fast as I did and she is still
losing 1-2 lbs / week

2

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Please describe your weight control experiences with Hemp Hearts:

Since eating hearts and eliminating unhealthy fats, I've lost
25 lbs over six years

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For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.

Please describe yourself and the length of time that you have been using Hemp Hearts:

My weight had gone up 20 lb to 180 lb
I have been using 2 tablespoons every
morning on my porridge ^{or fruit} & now I've
come down to 160 lb & staying there.

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Please describe your weight control experiences with Hemp Hearts:

I cannot confirm your statement but my husband,
a diabetic, has lost 18 lbs in 6 weeks since eating
Hemp hearts with his porridge & fruit, 2 slices of multi-
grain bread & fresh tomato at lunch & stir fry vegies &
basmati rice for dinner. I maintain a stable weight of 122 lbs.

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Please describe your weight control experiences with Hemp Hearts:

I am slowly losing weight about 8 lbs
in last 6 months.

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Please describe yourself and the length of time that you have been using Hemp Hearts:

I am an overweight woman, most of my life.
About five years ago I lost 30 lbs, and with the help
of Hemp Hearts, kept it off.