

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:

*We did not loose any weight, but we not gaining either we keeping an eye on our weight anyway.*

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Please describe your weight control experiences with Hemp Hearts:

*DEFINITELY EASIER TO CONTROL WEIGHT*

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Please describe your weight control experiences with Hemp Hearts:

*my weight stay the same*

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Please describe your weight control experiences with Hemp Hearts:

*My weight stay about the same, I go up a couple of pounds in winter, but I lose even more pounds spring+ summer.*

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Please describe your weight control experiences with Hemp Hearts:

Due to Hypothyroidism I have a continual battle with weight. Hemp hearts alleviate snacking + constipation - + definitely boosts my metabolism.

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Please describe your weight control experiences with Hemp Hearts:

My weight has been stable

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:

I am 48 yrs old - do strength training at the gym 3-4 times a week. I am on full thyroid replacement so have to be careful what I eat. I maintain a healthy weight when I use hemp hearts. I have been using them for a year now.

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Please describe your weight control experiences with Hemp Hearts:

Because I have so much energy and I feel "full", I'm not hungry until supper. I lead an active life style (swimming, cycling, power walking everyday) I need more than just a green salad. ∴ weight is under control