

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:

Although I haven't been able to try this, I have lost graduated weight with the consumption of hemp hearts in turn giving me energy to exercise.

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Please describe your weight control experiences with Hemp Hearts:

I believe above is probably true. I am maintaining my weight & seldom crave sweets!

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Please describe your weight control experiences with Hemp Hearts:

My weight has remained stable with 2 + T daily.

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Please describe your weight control experiences with Hemp Hearts:

LESS HUNGER PAINS = FEWER IMPULSE SNACKS

2

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Please describe your weight control experiences with Hemp Hearts:

I have not used for dieting for there is no need but it does help to maintain my weight by not craving sweets and snacks between meals.

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Please describe your weight control experiences with Hemp Hearts:

My weight has been very consistent since I started to eat Hemp Hearts. I haven't lost a pound a day but have lost weight since.

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Please describe your weight control experiences with Hemp Hearts:

AS ABOVE

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Please describe your weight control experiences with Hemp Hearts:

I HAVE NOT TRIED THAT BUT I DO NOTICE I AM ABLE TO MAINTAIN MY WEIGHT AND IF I AM WANTING TO LOSE A FEW POUNDS I AM CAREFUL OF WHAT I EAT WITHOUT HUNGER PAINS OR CRAVINGS