

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:

As I am currently at a healthy weight, I am not restricting calories. I do find hemp hearts makes it easier to make healthy/more nutrient rich choices.

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Please describe your weight control experiences with Hemp Hearts:

I find that my weight is maintained

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Please describe your weight control experiences with Hemp Hearts:

- weight kept stable

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Please describe your weight control experiences with Hemp Hearts:

You can control your weight lot better. No hunger feeling and you eat lighter. It has helped us with weight control. Ex. my husband

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Please describe your weight control experiences with Hemp Hearts:

I was 117 lbs when I started and I did lose a pound a day. I stopped losing when my body found it's own level at 112 lbs. I have not lost since. I don't want to lose anymore.

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Please describe your weight control experiences with Hemp Hearts:

My husband has lost about 10 lbs.

We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.

Please describe your experiences regarding energy and Hemp Hearts:

My energy level is high all day. My weight stays the same.

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Please describe your weight control experiences with Hemp Hearts:

I have lost a little weight, only about 10 pounds, but even though I am not always as active as I should be, my weight does not change much.