

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 took the five tablespoons of Hemp Hearts every day and I lost weight and I have ~~no~~ trouble controlling it.

4

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Please describe your weight control experiences with Hemp Hearts:

I have not used this method but combined with healthy eating my weight has dropped 15 lbs in the last year

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Please describe your weight control experiences with Hemp Hearts:

Have lost about 10 lbs.

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Please describe your weight control experiences with Hemp Hearts:

OVER THE LAST TWO YEARS, ^{OR SO (REALLY SINCE USING HEMP HEARTS)} I HAVE LOST ABOUT 10 lbs

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Please describe your weight control experiences with Hemp Hearts:

WHEN I STARTED TAKING HEMP HEARTS I WEIGHED 149 lbs. I HAD NOT THOUGHT ABOUT LOSING WEIGHT I JUST WANTED TO STAY HEALTHY FOR MY AGE. I DID LOSS WEIGHT, (15 lbs) AND HAVE MAINTAINED THIS WEIGHT FOR ABOUT 1 YR.

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Please describe your weight control experiences with Hemp Hearts:

I have maintained my weight since using hemp hearts but feel I could lose weight if I made a better effort at avoiding food when I'm not really hungry.

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Please describe your weight control experiences with Hemp Hearts:

MA

my weight is kept at a normal range consistently
may have something to do with hemp not sure

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Please describe your weight control experiences with Hemp Hearts:

My weight is constant thru the use of HH and regular exercise. I have suggested it to friends who have seen an improvement in her weight loss.