

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:

Hemp Hearts do control weight however, I have not experienced weight loss as I have not used the restrictions created above, but I have not gained weight since using hemp.

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I eat all I want for breakfast
I eat a salad or fruit at lunch
Supper is a hamburger salad potatoes
sprinkled with hemp hearts & still keep my weight the same

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My weight stays pretty much the same.

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When I first started taking hemp hearts I was probably more diligent so was able to lose 15 lbs in a little over 2 weeks - Now I maintain my weight at this level & eat a bit

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:

Because of my work, I find I do need my lunch and Break snacks (fruit) otherwise I tend to loose too much weight. As for energy I have plenty for all day.

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Please describe your weight control experiences with Hemp Hearts:

I have this amount of Hemp Hearts on my morning cereal. Since I am quite active, I snack throughout the day, have lots of energy and my weight stays where it should be according to the Body Mass Index.

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Please describe your weight control experiences with Hemp Hearts:

I DO NOT NEED TO LOOSE WEIGHT BUT I HAVE SLIMED DOWN AND SHAPED UP USING THIS PRODUCT, BECAUSE I HAVE MORE ENERGY TO DO MORE WITHOUT BEING TIRED.

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Please describe your weight control experiences with Hemp Hearts:

I have lost weight in a very slow process. - I can not give a good answer here, as I cannot honestly "avoid" consumption of other things until 6pm. My habits, need a lot of re-vamping - but "Hemp Hearts" are helping.