

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:

I started using hemp hearts approx. 10 months ago and have lost about 4 lbs in weight in that length of time

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- I don't follow the above advice but I find I'm not hungry during the day + avoid snacks etc. I eat H.H. during the day

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Have not tried this, but with daily use of Hemp Hearts, weight has stayed constant for years.

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Helps maintain ~~weight~~ normal weight.

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:

Since using this product my weight is kept under control and sizes are smaller

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Please describe your weight control experiences with Hemp Hearts:

I cannot say that I have lost one pound a day. To lose weight was not a priority. However, my weight no longer fluctuates but remains fairly constant. My weight is right for my age and height.

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Please describe your weight control experiences with Hemp Hearts:

Yes, this has kept our weight at an even point.

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Please describe your weight control experiences with Hemp Hearts:

I prefer combining Hemp Hearts with cooked porridge or bean buds & inadvertently my weight dropped at encouraging but gradual pace & am maintaining same.