

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:

We do not have to worry about gaining weight when we use hemp hearts.

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Please describe your weight control experiences with Hemp Hearts:

I don't usually have only a salad for 6 pm - but eat meat, chicken or fish and 2 vegetables for that meal (smaller portions are adequate) and I still lose weight.

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Please describe your weight control experiences with Hemp Hearts:

Hemp hearts help me control my weight.

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Slight loss of 8 lbs. and maintaining.

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Please describe your weight control experiences with Hemp Hearts:

I've lost weight without trying. I still eat all meals

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~~Since~~ Since I am not as hungry I don't eat as much & have no problems with my weight.

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Please describe your weight control experiences with Hemp Hearts:

When I started using hemp hearts I ~~was~~ ^{was} 212 lbs and today I weigh 190 lbs and don't want to lose any more

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I wouldn't be able to avoid consuming anything until evening but I have lost some weight slowly since starting to take them. 10 lbs over a year + a half.