

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:

MAINTAINING MY WEIGHT - I DON'T FOLLOW THE ABOVE REGIMEN. I BELIEVE I WOULD LOSE WEIGHT IF I DID.

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We don't use it for weight control, however, it has helped to maintain our healthy weight.

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Please describe your weight control experiences with Hemp Hearts:

Body weight stays same or drops slightly.

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Please describe your weight control experiences with Hemp Hearts:

I lost 15 pounds on hemp hearts and maintain a regular weight now. ~~I eat~~ I eat <sup>all</sup> other foods without counting calories and do not gain any more weight.

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I have not taken any special measures to lose weight, but I am convinced that by following this suggestion I could drop 10 pounds within 2 weeks. After starting with Hemp Hearts my weight did drop from 200 lbs. to 188 lbs. without any extra effort on my part, then it stabilized at 190-195 lbs. (mostly closer to 190 lbs.)

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I find the use of hemp hearts and 'square meal bars' have resulted in a steady, gradual weight loss to a healthy, easy to maintain weight level.

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Because of their ideal ratio of Omega 6:3, they contribute to helping me maintain my weight.

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Please describe your weight control experiences with Hemp Hearts:

MY WEIGHT IS VERY STABLE. I COULD PROBABLY GAIN LEAN MUSCLE MASS IF I WANTED TO BUT MY STRENGTH & STAMINA ARE VERY GOOD RIGHT NOW.