

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 seem to be holding my weight at about the same with the use of Hemp Hearts.

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Please describe your weight control experiences with Hemp Hearts:

I don't have any weight challenges, it's still the same since I had been eating Hemp Hearts.

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Please describe your weight control experiences with Hemp Hearts:

I have never lost one lb. a day but my weight stays the same, I am not over weight.

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Please describe your weight control experiences with Hemp Hearts:

My weight has been very stable, as I feel full & not hungry until the afternoon, but only a small salad is sufficient.

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For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.

Please describe yourself and the length of time that you have been using Hemp Hearts:

I am a 50 year old woman who has been eating hemp seed for one year. It definitely has helped me maintain my ideal weight & has boosted my immune system.

We claim that those who use Hemp Hearts in quantity every morning with long fiber foods, who minimize their weight by avoiding sugar, starches and processed foods, inevitably notice improved tissue health--reduced tissue inflammation and improved tissue elasticity.

Please describe any external changes experienced with respect to skin and hair conditions:

I had a baby 9 months ago and found that after this baby I was able to lose the extra weight very steady & easily. My skin looks fine I never had a baby

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

Since starting to use Hemp Hearts, I seem to be not quite so hungry at later meals. To me they fit well with my exercise level and help me control my weight

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Please describe your weight control experiences with Hemp Hearts:

My weight fluctuates less than when I did not eat H Hearts.