

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 don't lose or gain weight, with 3 tablespoons.

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Please describe your weight control experiences with Hemp Hearts:

Hemp hearts keep my energy up & make me feel satisfied so I can keep my weight at almost normal for my age.
I feel great. Thanks.

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Please describe your weight control experiences with Hemp Hearts:

I have lost some weight but not a pound a day. But I also consume some calories at lunch.

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Please describe your weight control experiences with Hemp Hearts:

Slight loss of 8 lbs. and maintaining.

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Please describe your weight control experiences with Hemp Hearts:

I'm still about the same weight (118 lbs.) as I was in High School. My dietary choices, I feel, are very good, and most days H.H. are part of that.

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Please describe your weight control experiences with Hemp Hearts:

As I said my weight loss has been great and I have maintained my loss for the past 3 years. I used to be constipated a lot but not any longer thanks to the hemp hearts.

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Please describe your weight control experiences with Hemp Hearts:

I don't do the above, but I have maintained my weight @ 120#.

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Please describe your weight control experiences with Hemp Hearts:

I eat hemp (3 TBS) once a day with yogurt at 10.am and find I have maintained my weight for 3 months. I do not snack anymore.
