

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:

DID NOT PUT ON EXTRA WEIGHT SINCE EATING HEMP HEARTS.

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Please describe your weight control experiences with Hemp Hearts:

I HAVE KEPT MY WEIGHT UNDER CONTROL & MAINTAINED, SINCE USING THE HEMP

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

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'm in my mid 50's and was getting tight around the midriff. Not wanting to continue buying larger pants I decided to lose weight and ran across hemp hearts in December '08. I have lost about 15 lbs and have kept it off for 6 months or so.
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2
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Please describe your weight control experiences with Hemp Hearts:

I'm not trying to lose weight, but I believe including HH as a regular part of my diet helps me maintain my healthy weight.

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Please describe your weight control experiences with Hemp Hearts:

Weight stays constant. Muscle cramping not a problem any more.

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Please describe your weight control experiences with Hemp Hearts:

Yes, this is probably true but I have never had a problem with excess weight so I can only speak on a maintenance topic. Hemp Hearts help me maintain a healthy body and a healthy weight.

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Please describe your weight control experiences with Hemp Hearts:

I do not supplement "H.H." for weight loss.