

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 found this easy to do initially. I experienced little hunger and was not snacking throughout the day. After time I have changed my eating habits and I don't think of weight loss much.

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:

I HAVE MORE ENERGY WITH ONLY 2 TABLE SPOONS A DAY

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Please describe your experiences regarding energy and Hemp Hearts:

I have loads of energy - I'm up around 6:30 AM until 11:00 PM every day. I go to the gym or walk every day & usually don't sit down much during the day.

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Please describe your experiences regarding energy and Hemp Hearts:

I have lots of energy all day. I do not get tired.

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Please describe your experiences regarding energy and Hemp Hearts:

- energy is definitely higher, but I don't think it lasts until evening. I would say more like mid-afternoon.

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Please describe your experiences regarding energy and Hemp Hearts:

energy greatly increased.

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Please describe your experiences regarding energy and Hemp Hearts:

THE HEMP HEARTS DEFINITELY INCREASED ~~OUR~~ OUR ENERGY!

Please describe any internal changes experienced relative to pain and tissue inflammation:

The energy and digestive aid from H. Hearts keeps one from being sluggish and plugged up.

The sluggish feeling causes one to grab a snack rather than water.

Being plugged up causes inflammation.

When I feel sluggish I'm also easier depressed, stiffness sets in the joints ....