

1  
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:

Hemp Hearts are instrumental for me when I am fasting to prevent my hunger and help me to decrease consumption of other foods not suitable during weight loss diet.

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 was always fighting my weight. And since I started using hemp hearts (Jan 2008) I feel so much better. I don't have to snack in between meals anymore.

2  
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Please describe your weight control experiences with Hemp Hearts:

I would not be this drastic but with Hemp Hearts, reduced carbs, reduced sugar and adequate protein I have lost 30 lbs in 6 months. My cholesterol is lower too.

3  
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 am not as rigid as suggested above but with hemp 4 tbs, a smoothie & provided for breakfast salad lunch & dinner SALMON & 2 green veggs  
I can loose weight easily

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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:

Hemp Heart keep me full till lunch, never need a snack.

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:

No hunger pangs & able to avoid sugar substitutes in pm.

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Please describe your weight control experiences with Hemp Hearts:

I have lost 35 lb in the last 3 years  
I find it a lot easier to say no to starches. I did not follow the above outlined program; I just cut down on food intake. The weight loss was slower but the weight has stayed off.

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Please describe your weight control experiences with Hemp Hearts:

I haven't really noticed much in the way of weight loss or gain. Because of less lunch & light breakfasts I have lost weight.