

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:

WEIGHT CONTROL? HOW ABOUT WEIGHT LOSS - 149 lbs
SO FAR - 18 MONTHS. AM EATING MORE FRUIT, VEGGIES, SALADS
THAN EVER - ALL WITH HEMP HEARTS. I'M VERY HAPPY!

2.

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Please describe your weight control experiences with Hemp Hearts:

In 1 yr my husband lost 30 lbs. 10 inches
I have lost 55 lbs - 8 in.

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Please describe your weight control experiences with Hemp Hearts:

I AGREE FROM EXP. REGARDING WEIGHTLOSS.

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:

I use
it as a source of protein and good fat. I
have lost 45 lbs and I am borderline
diabetic so the hemp hearts reassure
me I am getting essential nutrients ^{as I am} not a big
meat or ₀₀₀₀ ^{12...}

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Please describe your weight control experiences with Hemp Hearts:

lost 40 lbs

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Please describe your weight control experiences with Hemp Hearts:

I lost 25 lbs using hemp hearts. I feel great,
excellent products

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 A 58 yr. old. OBESE MALE
STARTED USING HEMP HEARTS (2 yrs)
4/5 TBS PANS.
LOST 80 lbs.

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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.