

2.

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., 2 smoothie & provided for breakfast
& salad lunch & dinner SALMON & 2 green veggs
I can loose weight easily

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Please describe your weight control experiences with Hemp Hearts:

I have consistently lost 1 pound per month since
using Hemp Hearts. With my thyroid condition this is
something my doctors said would not happen.

We claim that those who use Hemp Hearts in quantity every morning with long fiber foods, who minimize their weight by avoiding sugar, starches and processed foods, inevitably notice improved tissue health---reduced tissue inflammation and improved tissue elasticity.

Please describe any external changes experienced with respect to skin and hair condition:

Feel healthy, lost weight, more energy,
love Hemp Hearts.

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Please describe your weight control experiences with Hemp Hearts:

works well

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 AM A 52 YEAR OLD FEMALE WHO HAS BEEN ABLE TO MAINTAIN A 160 LB. WEIGHT LOSS FOR OVER 3 YEARS BY EATING HEMP HEARTS FOR BREAKFAST EACH DAY. MY HEALTH CONTINUES TO EXCEED MY EXPECTATIONS.

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Please describe yourself and the length of time that you have been using Hemp Hearts:

- use: 2 years
- I have lost approximately 90 lbs and although a diabetic, I have experienced much improved glucose level consistency.

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Please describe your weight control experiences with Hemp Hearts:

Since I have been following your program I have lost weight because I am consuming less calories during the day.

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Please describe your weight control experiences with Hemp Hearts:

Lost 20 lbs since February.
But we consistently been losing weight
in about a yr.