

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:

~~My~~ I'm always losing weight.

My husband maintains a healthy weight

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Breakfast Hemp hearts, handful Almond, 1 orange, 1 toast  
Dinner balance menu 4 items  
Supper - soup or salad.  
Able to maintain weight ~~loss~~ after three years

2

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I have lost 10 lbs since July. (Without dieting)

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I lost 10 pounds of weight and never gained any weight on lost and and I feel great  
I have lots of energy and on the go all the time

1  
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Please describe your weight control experiences with Hemp Hearts:

I have lost @ least 10 pounds over the past year and I haven't had to lose any more.

2  
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Please describe your weight control experiences with Hemp Hearts:

Hemp Hearts are definitely a major factor in my weight control. If I over-indulge and put on a couple of pounds I simply get back on my "life style" change way of eating, and I lose that couple of pounds. Even when I put on a couple of pounds, I have eaten my (5) tablespoons of Hemp Hearts in the morning. I never miss eating them.

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 feel that my energy levels are enhanced by Hemp Hearts, and my weight over the recent years has come down to 170 from average 195-200 range.

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Please describe your weight control experiences with Hemp Hearts:

I never used hemp hearts for the purpose of losing weight. However, I have lost 25 pounds and have managed to maintain the loss for four years.