

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 don't follow the above. But I can see if you did; you should be able to lose one pound each day - sensibly.

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Please describe your weight control experiences with Hemp Hearts:

I found that I experienced weight loss & better digestion just using hemp hearts in smoothies. My mom & sister report the same thing to me. I lost around 8 lbs & have maintained this normal, healthy weight.

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Please describe your weight control experiences with Hemp Hearts:

I WAS ABLE TO LOOSE 30 lbs. IN A FEW MONTHS WHILE USING HEMP HEARTS DAILY AND EXERCISING THREE TIME PER WEEK. I HAVE KEPT MOST OF THIS WEIGHT OFF.

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Please describe your weight control experiences with Hemp Hearts:

Since taking the hemp hearts (June 08), I have lost 5 lbs without a conscious effort. I feel better everyday and walk everyday.

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Please describe your weight control experiences with Hemp Hearts:

I DON'T USE HEMP HEARTS FOR WEIGHT LOSS, HOWEVER I WOULD IMAGINE THAT THEY WOULD BE VERY EFFECTIVE AS THEY ARE VERY FILLING AND GIVE ME TONS OF ENERGY.

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Please describe your weight control experiences with Hemp Hearts:

Same as question 2.
am contenting to loose weight while still eating healthy foods.

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 like my hemp hearts with my oatmeal unfortunately I live a busy life "casual on call" and need to have a quick meal. so I make my hemp hearts into granola bars they are so satisfying that I don't need lunch most days and I have been able to loose some extra pounds

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 lots of energy all day and I never feel tired. I would suggest Hemp Hearts for people that are overweight.