

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 weight is always stable and
I believe hemp hearts help regulate
that.

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Please describe your weight control experiences with Hemp Hearts:

I am following something like this
(I have veggies + a small amount of
protein for lunch) - I am leaner than
I was when I ran marathons.

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Please describe your weight control experiences with Hemp Hearts:

I am not very good at eating just salads or working on weight
loss. But I stay constant

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Please describe your weight control experiences with Hemp Hearts:

WE EAT NORMALLY. BUT EVEN WITHOUT TRYING I HAVE
LOST 6 LBS IN 2 1/2 MO'S WHICH IS NOT NORMAL
FOR ME DURING BBQ SEASON

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I have lost a few pounds while on hemp hearts

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My weight remains stable - does not fluctuate - which is a blessing!

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Have not need for weight control, but have lost 10 lbs in the last 6 months.

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In the past 5 years using hemp hearts I have improved my energy and increased my activity through which my weight reduced from 170 lbs - 160 lbs.