

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 weight is totally under control. I am 62 and find I do not gain weight as readily as others my age.

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Please describe your weight control experiences with Hemp Hearts:

Weight is constant, I've not tried to lose weight.

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Please describe your weight control experiences with Hemp Hearts:

Since we used hemp hearts our weight has been very stable.

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Please describe your weight control experiences with Hemp Hearts:

I experience stable weight

2

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Please describe your weight control experiences with Hemp Hearts:

We consider ourselves to be in above average physical condition for our ages. We are active and eat 3 meals/day. It previously explained how using Hemp Hearts has positive benefits for us. Our respective weights have remained stable.

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Please describe your weight control experiences with Hemp Hearts:

I do not use it for weight control, but I have not gained any weight.

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Please describe your weight control experiences with Hemp Hearts:

I eat a salad at lunch & a regular dinner. My weight is constant and varies only very slightly.

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Please describe your weight control experiences with Hemp Hearts:

Hemp Hearts have helped me control my weight problems.