

**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:**

First time in my senior age that I have been successful with weight loss! energy for exercise, balanced Blood Sugar no cravings - stopped snacking completely.

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**Please describe your weight control experiences with Hemp Hearts:**

I didn't have a big weight problem, but I did want to lose a few pounds. So, with Hemp Heart giving me more energy and decreasing my appetite, I have lost about 16 or 18 pounds. I'm just a little over 140 lbs, and I don't want to lose too much more.

**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 am somewhat underweight and have bouts of low blood sugar. around mid-morning I find that a drink blended up with soya milk, fruit and a few tablespoons of hemp hearts gives me a great boost, almost instantly.

**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:**

Increased energy and reduced craving  
can't function with-out the Hemp hearts  
definitely beneficial to my well being  
FOO88

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Please describe your weight control experiences with Hemp Hearts:

WHILE ON A 30 DAY BUSINESS TRIP, MY EATING HABITS CHANGED (WITH NO HEMP HEARTS) I GAINED BODY FAT & MY CLOTHES WERE UNCOMFORTABLE. AFTER A WEEK OF BEING HOME & BACK ON THE HEMP HEARTS ROUTINE, I SAW & FELT THE DIFFERENCE IN ENERGY & WEIGHT LOSS.

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 59 YR OLD WOMAN WHO BEGAN USING HEMP HEARTS AFTER LISTENING TO MY SISTER-IN-LAW PRAISE HER NEW FOUND ENERGY. I READ THE INFORMATION PHAMLET AT OUR LOCAL HEALTH FOOD STORE, AND HAD BEEN WANTING TO LOOSE A BIT OF WEIGHT, BUT HAD NOT BEEN ABLE TO. IT TOOK EXACTLY ONE MONTH FOR ME TO LOOSE 10 LBS AND THAT WAS ALMOST A YEAR AGO AND I HAVE NEVER GAINED IT BACK. OR LOST ANY MORE.

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:

Yes I have lots of energy as I have a big garden, yard & housework I am 74 and got up to 180 lb for 3 yrs & couldn't lose it before and now I'm staying at a constant 160.

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Please describe your weight control experiences with Hemp Hearts:

aged - did this after husband was diagnosed w/ coronary artery disease & had 4 stents put in his heart. He lost 50 lbs. in about 6 wks. just eating regular breakfast (kfl, cereal, fruit, yogurt), light lunch of puréed veg. soup & salads / soups for dinner - no loss of energy during this time.