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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 THINK HEMP ♥ HAS HELPED MY WEIGHT - BECAUSE I DON'T HAVE OTHER CRAVINGS AND I'VE GOT GOOD ENERGY. SO... THE UNNECESSARY FOODS DO NOT GET CONSUMED!

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:

- Wonderful!! I don't eat the hearts or the bars after 4:00 PM

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 FIND EATING HEMP ♥ EVERY MORNING (4 TBSP) FOR BREAKFAST GIVES ME GOOD ENERGY TILL THE AFTERNOON. I DON'T HAVE THE STARCHY CRAVINGS.

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 am a very energetic person as a rule so I find that the hemp hearts help me to stay on track and not eat junk when I get too hungry.

2

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Please describe your weight control experiences with Hemp Hearts:

Although I haven't been able to try this, I have lost graduated weight with the consumption of hemp hearts in turn giving me energy to exercise.

2

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Please describe your weight control experiences with Hemp Hearts:

Because I have so much energy and I feel "full", I not hungry until supper. I lead an active life style (swimming, cycling power walking everyday) I need more than just a green salad. ∴ weight is under control

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 only consume 1 tbsp & eat a light lunch & dinner. I do not feel <sup>hungry</sup> at lunch or dinner and have lots of energy.

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:

Generally my hemp hearts give me energy & fill me up till past noon