

We advise customers that Hemp Hearts should be eaten for breakfast with unblended raw fruit and vegetables (no fruit for diabetics) so that the long fibers in these foods will knit wastes together to ensure that individuals are not too loose, but that they clean out thoroughly.

Please describe your experiences regarding digestive health and Hemp Hearts:

Since using hemp hearts my digestive system has improved and no longer have trouble with constipation. Such a relief!!

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Please describe your experiences regarding digestive health and Hemp Hearts:

I personally put them on my no sugar cereal with fruit (sometimes) & everything works like clockwork. Nothing loose just on schedule like never in my life.

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 over 50 yrs old. I have used Hemp Hearts for about 3 yrs. I ~~was~~ have been plagued by constipation all my life. I have tried doctor & health store remedies, but none could or come near what Hemp Hearts have done to ~~cover~~ this problem. I go every day & it is great!

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Please describe your experiences regarding digestive health and Hemp Hearts:

I have been battling constipation problems for years & hemp hearts have been a God sent. It has made such a difference - if I miss taking them for a day or two I notice a big difference - this is the reason when I

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Please describe your experiences regarding digestive health and Hemp Hearts:

Every morning I mix hemp hearts  
to plus chia seeds in my fruit smoothie,  
I can't tell you just how wonderful it is  
to be regular. No more constipation which  
has been one of my biggest problems throughout my whole life.

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Please describe your experiences regarding digestive health and Hemp Hearts:

This was my main reason for trying  
hemp hearts and have found it to be very  
effective. My family is prone to bowel  
cancer so I do all I can to promote colon health.  
Eating an orange with 5 tbsp of hemp hearts mixed with  
bran flakes works very well.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I have had chronic constipation for over 35 years. I am  
very regular now with my bowel movements. Hemp hearts  
are a god send as far as I'm concerned.

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:

MY OVERALL ENERGY HAS IMPROVED TREMENDOUSLY -  
BOTH MENTALLY & PHYSICALLY.