

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:

I didn't know that diabetics should not have fruit. I enjoy the Hemp Hearts, yogurt, raw fruit mixture. I like the fact that Hemp Hearts do help clean me out & keep me regular. Sometimes it takes a couple of times to clean out, but I know I am clean.

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Please describe your experiences regarding digestive health and Hemp Hearts:

My digestive health is very good.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I have at least 2 regular bowel movements every day. one in AM and once PM

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Please describe your experiences regarding digestive health and Hemp Hearts:

My bowels are always regular & soft using Hemp Hearts.

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Please describe your experiences regarding digestive health and Hemp Hearts:

*It's excellent for keeping our bowels regular.*

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Please describe your experiences regarding digestive health and Hemp Hearts:

*I have regular bowel movements.*

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Please describe your experiences regarding digestive health and Hemp Hearts:

*Because I have Parkinson, if I take hemp hearts and prune juice to keep regular. I am good.*

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Please describe your experiences regarding digestive health and Hemp Hearts:

*I have regular bowel movements when taking the hemp heart seed.*