

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:

My digestive health has NEVER BEEN THIS GOOD PREVIOUSLY.
I'M VERY REGULAR + GET "CLEANED OUT" THOROUGHLY
EVERYDAY. GOD BLESS HEMP HEARTS!!

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Please describe your experiences regarding digestive health and Hemp Hearts:

They assist in regularity and good
bowel health, I am sure!!

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Please describe your experiences regarding digestive health and Hemp Hearts:

I have become very regular since I have ~~become~~
started using hemp hearts rarely do I have issues
with constipation.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I am very regular as a result of adding
Hemp Hearts to my diet.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Not constipated like I was before using Hemp

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Please describe your experiences regarding digestive health and Hemp Hearts:

No problems what so ever regarding the digestive system; it works !!!

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my digestive health is perfect - all give Hemp Hearts all the credit -

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Please describe your experiences regarding digestive health and Hemp Hearts:

upon eating hemp hearts regularly my bowels work more efficiently