

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:

what you advise is quite true
all claims by you are easily proved
for my mother, daughters and
boyfriend use it & are all satisfied

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Please describe your experiences regarding digestive health and Hemp Hearts:

I have regular shits every morning
it keeps me very regular.

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Please describe your experiences regarding digestive health and Hemp Hearts:

yes, I have regular bowel movement since I eat Hemp Hearts
regularly every day.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Has improved my elimination of my digestive system
I no longer rely on synthetic laxatives

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Please describe your experiences regarding digestive health and Hemp Hearts:

My bowels move much better when using/eating Hemp Heart.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I have been a long haul trucker most of my life and have always had problems going to the bathroom since I have been using hemp hearts I have been regular as clock work. This is the best product I have ever used and I recommend it to anyone with bowel movement problems.

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Please describe your experiences regarding digestive health and Hemp Hearts:

- I eat mine w porridge, so I have cut out bread, during the day.
- Cleansing is good, a notable difference when not eating hemp hearts.

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Please describe your experiences regarding digestive health and Hemp Hearts:

They are certainly an absolute gift from the gods when it comes to digestive health & constipation. I only have a problem when I do not eat Hemp hearts because I may be on holidays and change my diet.