

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 a senior citizen soon to be 68 yrs. of age. I have been on Hemp Seeds for 2 full years. I have heart disease resulting in angioplasty & finally Bypass surgery. I am on medications that cause constipation. Nothing worked for me until a friend recommended Hemp Hearts! It worked miracles!

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 have quite a good digestive system. My wastes are good, not too loose.

Please describe changes to blood pressure indicative of changes in the elasticity of arteries:

I cancelled my Rx for Blood Pressure at the time I started Hemp Hearts. I was always constipated - OK now

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Please describe your experiences regarding digestive health and Hemp Hearts:

I've never had any problem but I understand some people do when they first use Hemp Hearts

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Please describe your experiences regarding digestive health and Hemp Hearts:

Since being on hemp seeds & taking 4 Tblsps every morning on flax cereal & banana & the fruit of the day ie: peeps, strawberries & blueberries. I feel fine & it keeps me regular & would be upset not to use it!

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Please describe your experiences regarding digestive health and Hemp Hearts:

I have many problems digesting proteins but hemp hearts give me no problem at all. The fibre is excellent for regularity.

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Please describe your experiences regarding digestive health and Hemp Hearts:

My digestive health & regularity has much improved since using hemp hearts on a regular basis (Barbara)

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Please describe your experiences regarding digestive health and Hemp Hearts:

No problem with digestion or elimination