

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:

Hemp Hearts have been very beneficial in the successful function of waste elimination.

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Very good and consistent once using hemp hearts for a while.

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SEEMS TO KEEP THINGS FAIRLY REGULAR.

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We find that the hemp hearts keep us regular

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Please describe your experiences regarding digestive health and Hemp Hearts:

I eat my hemp hearts with fruit flavoured yogurt for breakfast. I found the hemp hearts have really regulated my system as long as I don't miss a day or two.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I'm regular and will easily go twice daily, use fruit, but no raw veg. I have no problems regarding digestive health + constipation.

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Please describe your experiences regarding digestive health and Hemp Hearts:

My IBS is much improved.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I feel certain that they have helped my elimination to become more regular.