

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:

Very noticeable difference. My bowels work so well when taking H.H. and I metabolize my food efficiently. If I go on holidays and do not have H.H. for a couple of days, I can't wait to get back to them. I notice the effects immediately.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Bowel movement twice a day,

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Please describe your experiences regarding digestive health and Hemp Hearts:

Hemp Hearts has helped my digestive issues very well. I tend to suffer constipation occasionally, but when I regularly have my cereal, fruit + hemp hearts, my regularity is greatly improved.

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Please describe your experiences regarding digestive health and Hemp Hearts:

very good

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Please describe your experiences regarding digestive health and Hemp Hearts:

I no longer have bowel problems and feel very healthy

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Please describe your experiences regarding digestive health and Hemp Hearts:

I have always had a good digestive system
But I found that this is a excellent source
to maintain regularity. I found that after the
Hospital time it wasn't as good as before

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Please describe your experiences regarding digestive health and Hemp Hearts:

Very agreeable with digestive health

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Please describe your experiences regarding digestive health and Hemp Hearts:

Daily bowel movements are completed by
8:00 a.m. as I rise up at 5:00 a.m.