

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:

- NOTICEABLE IMPROVEMENT IN DIGESTIVE HEALTH AFTER STARTING ON ~~HEMP~~ HEMP HEARTS - AND CONSISTENTLY BETTER SINCE THEN

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Please describe your experiences regarding digestive health and Hemp Hearts:

Absolutely fabulous for B.M. being regular. Used to suffer from mild constipation → no more!

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Please describe your experiences regarding digestive health and Hemp Hearts:

Since my children were born I have always had trouble cleaning out. In fact this is the reason I started using Hemp Hearts. I no longer have trouble I can go almost every day!

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:

Not sure how long. 3 or 4 years. Someone gave it as a Christmas gift, kept us regular, was great with either porridge or Yoghurt

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Please describe your experiences regarding digestive health and Hemp Hearts:

Hemp hearts help to prevent constipation. This quality is helpful to myself; others who can not consume wheat or oat bran for fibre content.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Hemp hearts help to maintain regularity which can also be an ongoing problem with M.S.

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Please describe your experiences regarding digestive health and Hemp Hearts:

It is very effective in keeping me regular. Since using the hearts I have not had trouble with constipation.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Every morning like clock work

Please describe any internal changes experienced relative to pain and tissue inflammation:

SINCE I STARTED ON HEMP HEARTS I HAVE NOT EXPERIENCED THE IMPACTED BOWEL PROBLEM NOR THE PAIN WHICH CAN BE EXTREME.