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We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.

Please describe your weight control experiences with Hemp Hearts:

I have maintained my weight for over 20 years. It also helps to maintain regular bowel movement.

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:

Constipation has been a frequent problem. Hemp hearts seem to help.

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 extremely helpful here, but I have hemp for lunch & only fruit for breakfast.

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Please describe your experiences regarding digestive health and Hemp Hearts:

you eating Hemp Hearts make you go regular & clean you out good.

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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 purchase hemp hearts for my husband & daughter who are both seriously ill. It is beneficial to them esp. for my daughter. It definitely helps my daughter's problem with constipation. 3 years.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Both my wife and myself take hemp hearts for colon health. She has had blockage problems and since starting hemp hearts she is much more regular.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Great for regularity.

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:

WE HAVE REGULAR BOWEL MOVEMENTS, NO BLOATING
I PACK THEM IN SMALL PLASTIC BAGS FOR HOLIDAYS USE.
DONT LIKE BEING WITHOUT THEM.