

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:

Definitely helps with constipation.

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I eat with porridge and have regular easy movements.

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The reason I eat hemp hearts is for a thorough clean out. I usually have a "smoothie" or porridge. I mix 3 heaping teaspoons with it, and no more constipation

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That is very true,

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Please describe your experiences regarding digestive health and Hemp Hearts:

I usually use ~~flax~~ in porridge or cereal.
mine.

I've had trouble with my bowel for a long time. I'm not too loose. I also take a herbal tea along with the hemp hearts.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I am very regular with Hemp Hearts!

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Please describe your experiences regarding digestive health and Hemp Hearts:

Seems to help keep me regular but I don't usually eat it with fruit/veggies. I usually eat them later in the 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:

I've been using hemp hearts for about one year & believe it helps alot with my bowel.