

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:

Within 48 hours of consuming hemp hearts for the 1st time. I experienced positive digestive & elimination results. I went from having one bowel movement daily to multiple. The movements were smaller, softer and therefore easier to eliminate.

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Please describe your experiences regarding digestive health and Hemp Hearts:

IT Definitely keeps me regular without a loose stomach.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Hemp hearts have been the ONLY thing that has made my system regular after decades of constipation. Sometimes I have 2 movements a day, which never happened before I began eating them.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Hemp hearts have helped me to regulate my digestive system. I do notice the great benefit of H.H. in this respect.
H0174

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Please describe your experiences regarding digestive health and Hemp Hearts:

Feels the flow!

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Please describe your experiences regarding digestive health and Hemp Hearts:

My bowel movements are regular and with texture
In the past they were hard and irregular

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Please describe your experiences regarding digestive health and Hemp Hearts:

I believe that hemp hearts keep me regular.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Digestive health has greatly improved. Regularity is the norm.