

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:

I always had a constipation problem.
Hemp has helped tremendously.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Hemp hearts definitely help keep one "regular."
My mum specifically reports this.

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Please describe your experiences regarding digestive health and Hemp Hearts:

My digestive health & regularity has much improved since using Hemp Hearts on a regular basis (Barbara)

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Please describe your experiences regarding digestive health and Hemp Hearts:

I have a protein drink every morning for breakfast to which I add Hemp hearts. I find it helps with any bowel problems I had (no more)

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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 have been using Hemp Hearts for about 3 years. For the 1st. time ever, I've been able to be, and stay regular.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I too have a bowel movement every day without any use of medicine.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I feel my digestive system, is very regular, since taking the Hemp Hearts.

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Please describe your experiences regarding digestive health and Hemp Hearts:

As I described earlier, the H.H. have made a very definite difference. A most positive one.