

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 do keep me "regular".

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I believe that Hemp Hearts contribute significantly to regular digestive health.

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 IBS & could not find anything to help with cramps, diarrhoea & constipation from morphine. Then a friend told me about hemp hearts 2-3 yrs ago and what an improvement. When I stop eating hemp hearts in the morning I find myself in the vicious cycle of diarrhoea, severe painful cramps & constipation.

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I do not usually eat fruit + vegetables for breakfast, but now that I know it is better with the hemp hearts I may try this. As it is, with the hemp hearts, I am very constant & have no problems in that area.

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Please describe your experiences regarding digestive health and Hemp Hearts:

This is by far the best product that I have used to clean out wastes, thoroughly. I would recommend this, for this reason alone! It has done wonders for me.


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Please describe your experiences regarding digestive health and Hemp Hearts:

Improved regularity and cut down appetite.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I eat my hemp hearts with oatmeal + cinnamon every a.m.
My digestive health has never been better! 
Definitely "clean out thoroughly"

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Please describe yourself and the length of time that you have been using Hemp Hearts:

I have been an on-again, off-again or spasmodic user of hemp hearts.
When I use the hearts, they provide me with a great deal of energy, as well as keep my bowels regular.