

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:

MY HUSBAND & MYSELF ARE SENIOR CITIZENS.
WE HAVE USED THIS PRODUCT FOR A
NUMBER OF YEARS AND IT DOES AID IN
OUR DIGESTIVE SYSTEM.

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:

NO PROBLEMS (NO GAS, CRAMPS, ETC.) & SU!

Please describe any internal changes experienced relative to pain and tissue inflammation:

I don't seem to have a problem with feeling
"bloated" in my stomach since using hemp hearts

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:

Digestion is much better. I eat hemp hearts
with yogurt and bran buds every morning.
If I need a lift in the afternoon I might
have 2 tbsp in the afternoon. I usually have only
3 tbsp in a.m.

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:

Good digestion. Very regular when taking / consuming the hemp Hs.

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 had no digestive problems and found that it kept me regular.

Please describe any internal changes experienced relative to pain and tissue inflammation:

no bloating and good bowel movements

Please describe any internal changes experienced relative to pain and tissue inflammation:

I no longer have bowel spasms & bloating