

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 started Hemp Hearts in May/08. I have allergies and a lot of indigestion which has improved. I was taking 3 enzymes tablets a day + am down to 1.

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've had great improvement in my digestive system. I use to have lots of stomach problems, but I very seldom have issues now, unless I eat processed meat + food high in fat.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I haven't had any digestive problems eating hemp hearts

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Please describe your experiences regarding digestive health and Hemp Hearts:

The Hemp Hearts are very easy to digest and they don't taste bad

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Please describe your experiences regarding digestive health and Hemp Hearts:

MY DIGESTION IS EXCELLENT NOW, AS I HAVE SUFFERED FROM REFLUX IN THE PAST. HAVEN'T HAD IT AGAIN EXCEPT ON THE RARE OCCASSION WHEN I HAVE OVEREATEN.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I'd describe my digestive health as good.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Very good digestive health.  
It looks like a healthy man.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Good