

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:

They are practically beneficial in my digestive health when used daily.

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Please describe your experiences regarding digestive health and Hemp Hearts:

My family's diet already consisted of lots of fruits, veggies and whole grains and so no one has had any adverse affects from hemp hearts.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I eat my hemp hearts with oats and fresh fruit every morning & have daily stools of great consistency.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I am in excellent health, doctor sees me 1 time a yr. for annual. Digestion is excellent, only my age is a factor.

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Please describe your experiences regarding digestive health and Hemp Hearts:

With my diet and Hemp Hearts my digestive health is great!

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Please describe your experiences regarding digestive health and Hemp Hearts:

Since consuming Hemp Hearts (2 Tbsp) each morning, 95% of my digestive complaints have cleared up. I was diagnosed with IBS years ago, but have had only the rare episode since using Hemp Hearts regularly!

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Please describe your experiences regarding digestive health and Hemp Hearts:

With just cereals or starches one can definitely have loose bowel movements.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Have very good digestive health